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NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

MAY 13 1971

of Massachusetts

A MONTHLY REPORT

IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS

Standing l. to r.: Beatrice Wood, Helen Ericson (Manager), Edith Briggs seated Elissa Mahan

WE'LL TELL IT LIKE IT IS!

NAQUAG ELEMENTARY SCHOOL

Although it is true that one learns from one's mistakes, success can also be an invaluable teacher. This month in our continuing series of food service articles we went to the Naquag Elementary School in Rutland to pick up a few helpful hints from their program. Participation at Naquag is consistently high with 96 per cent of the 550 member student body now taking advantage of the school's lunch service. When asked for his opinion as to why the large response Mr. Charles G. Vargian, Principal, could not give us any one answer, but rather cited many contributing factors.

The school is comprised of two buildings located across the street from each other. A few years ago operational costs were up because two separate kitchens were used. This expense was curbed by switching to only one food service location. The children from one building walk across the street on good days and are bussed over on stormy days. The cafeteria, which is housed in the newer of the two buildings, has a minimum level of noise, greatly reduced by the high ceilings, and a maximum of pleasantness. Lines move swiftly during the three lunch periods. A recent addition to the building made it possible for there to be two serving lines. The extra line increased the participation by decreasing the amount of waiting and serving time, thus allowing more people to pass through. This expansion did not require any additional help. The Manager acts as cashier for both lines, collecting the money as the students go through. The time saved in serving becomes time used in cleaning up.

A prime factor of the high participation is the low price - twenty five cents per meal. As prices rise participation drops so Mrs. Helen Ericson, Manager, is trying to keep the cost as low as possible for as long as possible. With today's market it is

Continued on next page

a hard goal to achieve and harder still to maintain but careful planning, and good management keep it within reach. It is hoped that the increased reimbursements will be of help in this task. At the present time the only appropriation to the program is the Manager's salary.

The purchasing practices Mrs. Ericson follows help to keep the program's cost profile under control. Such items as milk and bread are purchased by bid and all other items are procured only after at least four quotes have been obtained. She is a firm believer in the positive economic value of keeping inventory at a minimum. For tighter control, concise and constantly up-to-date records are maintained. She keeps a close watch on plate disposal so that items frequently being wasted will be eliminated.

The staffs' high work standards are seen in their production statistics. Per diem work loads are 6 1/2 hours for the manager, cook, and baker, 5 hours for one staff member, and 4 1/2 hours for the remaining personnel. These six are joined by two student helpers who work for fifteen minutes at each serving period. These work loads figure out to approximately 518 meals served daily with a rate of 14.8 meals/man/hour.

In menu planning, Mrs. Ericson keeps the students foremost in her mind. Menus the children enjoy are her top priority. Fresh fruits are served frequently with orange wedges being the favorite. The school's home baked breads and muffins are a sure success each time they are on the menu. Particular attention is paid to insuring that food is maintained at its proper temperature. For example, salads and similar dishes are always refrigerated between periods. A good device used for keeping in tune with the students' likes and dislikes is the occasional survey which is taken. As well might be imagined, this is a very popular event.

1 to r: Elissa Mahan, Florence Gustafson, Jean Moisio

One is impressed by the prevailing atmosphere of friendliness at Naquag. Cooperation is clearly evident throughout the cafeteria. After her own work is done, a staff member readily helps where needed. During serving periods the cook assists the four women who usually serve and after the lines go through everyone helps the woman who works in the dish room.

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SATELLITE SYSTEMS

Satellite systems have become quite prevalent in recent years. They have proven to be an effective means of delivering the required nutritional services to students attending schools that lack on site kitchens or the space to build kitchens. In many cases a meal can be provided to the student more economically through satelliting than through on site preparation. Of course satellite systems are not without their problems. An efficient managerial control system must be employed so that all the statistics necessary for documenting reimbursement claims and other required data are in proper order and readily available. Utilization of these controls will not in itself alleviate all the problems. Problems will arise that are inherent in any food service operation plus some that are unique to satellite systems. Potential problem areas to check are:

1. NUMBER OF FREE AND/OR REDUCED PRICE LUNCHES - Make sure the number claimed for reimbursement does not exceed the number of students approved for the same. Meals served as seconds could account for a small variation between applications on hand and the number of free/reduced lunches served. However, a substantial difference would be irregular and therefore subject to question. Your system of managerial control should provide for the separate recording of meals served as seconds.

2. APPLICATIONS - Make sure applications are filled out correctly. Principal errors include: a) lack of signature, b) lack of income data, c) insufficient explanation of hardship when approval was based on same, d) inappropriate application of income guidelines.

3. MEALS - Make sure all meals meet the Type A pattern. The most frequent failure in meeting the pattern requirements is insufficient amounts of vegetables and/or fruits. Some system should be set up to insure that proper amounts of these items are served and that milk is served with every meal.

4. MENUS - Make sure that items on the menu are popular. In satellite systems it is difficult to keep a check on the popularity of certain foods when students eat in their classrooms instead of a dining room, but a periodic inspection of plate waste can be of great help in determining what item should be eliminated.

5. SANITATION - Make sure proper sanitation procedures are followed. Foods should not be left at room temperatures for excessive time periods. Spot check meals before serving them and remember, do not serve any lunch which you think is spoiled.

6. SAFETY - Make sure sufficient safety measures are maintained. First aid should be available to staff and children. A fire extinguisher should be near by and recharged at regular intervals.

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STAFF OF LIFE

Pan-American Day Panorama

Amid the many religious holidays and the first real signs of Spring, April has another significant event to celebrate -- Pan-American Day. This day commemorates the bonds of friendship uniting the countries of the Western Hemisphere. It also symbolizes a spirit of mutual cooperation and helpfulness.

Each year Pan-American Day is observed on April 14 and this year it is the Sunday of vacation week. With the current focus on cultural independence and a renewed interest in our Latin American alliances, a special day (or week) could be set aside to recognize the contributions of these countries. A Pan-American Day could also symbolize the mutual cooperation between the school food service program and the classroom.

Spark the interest and enthusiasm of both students and teachers! Approach the Social Science, Foreign Language, English and Art Departments for the mutual celebration of a Pan-American Panorama! Decorate the cafeteria and school with a flag display of countries representing the Western Hemisphere. Ask the foreign language classes to write menus in Spanish or Portuguese (and English.) Ask the Social Science Department to supply the background facts; the English Department to write media reports; the Art Department to develop murals. Encourage the students to wear costumes of their native country. Promote family and community participation.

Surprise these Departments and individuals with your knowledge of the food habits of these countries. Here are some facts to get you started.

Many of our Latin-American neighbors are of Spanish or Portuguese descent. In the coastal regions, and especially in the Caribbean Islands, fishing may be the family's livelihood as well as their main resource for protein. Limited farming provides other food products. Comparing the diet of children living in Puerto Rico to the Basic Four Food Groups supplies some interesting information as well as a nutrition review:

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STAFF OF LIFE CONTINUED

Basic Four Food Group	Puerto Rican Diet
Milk or milk equivalents (for calcium, protein and riboflavin)	Unfamiliar with chilled, whole unflavored milk Prefer CAFE (coffee with as much as 1 cup of milk) Cereals are often cooked with milk
Meat or meat equivalents (for protein, iron and vitamins)	Fish, especially BACALAO (dried codfish) HABICHUELAS (kidney beans) served twice a day Eggs, pork and chicken
Fruits and vegetables (for vitamins and minerals)	VIANDAS (green, starchy, banana-like vegetables are a good source of Vitamin A and C.) Tropical fruits such as guavas, mangoes, and bananas, are served as snacks. Pear, peach and apricot nectars are also popular
Breads and cereals (for vitamins and iron)	ARROZ (rice) is usually eaten daily and served with meat or legumes. Rice served with kidney beans is a favorite dish. Macaroni and cornmeal products are also popular

Milk and milk products may be more plentiful with Portuguese families. Cocoa, ice cream, rice pudding and cheeses are favorites. Beef and veal are also used, although ground beef may be unfamiliar. Portuguese families also consume more fresh green vegetables.

Use these facts and involve the Spanish-speaking students of your school in planning a Pan-American menu. Ask for their assistance in obtaining recipes or techniques for preparing: Arroz con Polla (rice cooked with chicken) or Asopao (beef stew with rice and Sofrito, (a mixture of tomatoes, peppers, onion and herbs). Serve these main dishes with cornbread and butter. As a dessert item, offer fresh fruit (bananas or oranges) or fruit cocktail - and milk, of course.

A few of these food patterns and menu items may seem similar to those practiced by a number of ethnic groups. Remember (again) that everyone is an individual who is greatly influenced by his environment, past and present.

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COMMODITIES EXPECTED TO BE AVAILABLE IN MAY 1974

Butter
Corn Meal
Flour, Bread
Flour, All Purpose
Macaroni, Elbow Hy Pro
Spaghetti, Thin Hy Pro
Peanut Butter
Rice, Milled
Oats, Rolled
Shortening, Vegetable
Orange Juice Concentrate

Shipping and purchasing difficulties may make some variation in the above list.

HY PRO MACARONI AND SPAGHETTI

If you can use more of these foods than we are allocating, please put a note on your Commodity Ordering form and a reasonable increase will be allowed. These foods will be available through the school year.

FLOUR, RICE, ROLLED OATS AND CORN MEAL

Many schools have ordered quantities of these foods that they will be unable to use for a number of months. We realize that purchasing problems make these foods unavailable at times, but to over order when they are available is unwise as the warmth of your storerooms will encourage infestation. We recommend carrying not more than a month or six weeks supply and always practicing first in first out.

PROPER STORAGE

One of the requirements of the U.S. Department of Agriculture is that all commodities be stored on racks 4 inches off the floor and 4 inches from the wall. This keeps them from absorbing moisture that will cause cans to rust, package seams to burst and foods to mold or rot. In storing foods, it is important not only to consider the use of proper storage methods to reduce spoilage but also to consider efficient methods of storage which will save space and make for ease in handling the commodities.

REDUCING COMMODITY INVENTORIES

The end of the school year is gradually coming into view so that plans should be made to reduce your commodity inventory each month between now and the closing of school in June.

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum:

MEAT AND MEAT ALTERNATE - 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - A 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 teaspoon of butter or fortified margarine. This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

WHOLE MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

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STAFF OF LIFE CONTINUED

Many families recently settled wish to retain their cultural identity and customary eating habits. On the other hand, there are also a number of families who look forward to becoming part of the "American way of Life." This life style too often includes a preoccupation with snacking on non-nutritious foods.

Let's help to provide good nutrition guidelines from which to develop and maintain healthful eating habits. Encourage the continuation of snacking on fresh fruits or vegetables. Show that traditional foods can be nutritionally enhanced with less expensive local food items. In this way, the best of the Pan-American heritage can be retained while good nutritional health is maintained.

18"x26" pans

CHEWY PEANUTBUTTER BARS

Scale 8 lbs.

Ingredients	Amount - 80	Amount - 320
Flour	1 lb. 4 oz.	5 lbs.
Baking Powder	1 3/4 T.	7 T.
Shortening	12 1/2 oz.	3 lbs. 2 oz.
Peanut Butter	1 lb. 6 1/2 oz.	5 lbs. 10 oz.
Brown Sugar	8 oz.	2 lbs.
Sugar	2 lbs. 3 oz.	8 lbs. 12 oz.
Salt	1 1/2 tsp.	2 T.
Dried Egg	5 oz.	1 lb. 4 oz.
Water	1 1/2 c+1 T.	1 qt.+2 1/4 c.
Vanilla	2 T.	1/2 c.
Cocoanut	12 oz.	3 lbs.

Directions

1. Sift flour and baking powder together.
2. Combine shortening, peanut butter, brown sugar, white sugar, salt, dried eggs (reconstituted), and vanilla in mixer bowl.
3. Mix at low speed until well blended.
4. Add dry ingredients. Mix only until blended.
5. Mix in cocoanut.
6. Spread mixture in greased baking sheets, flattening with hands.
7. Bake at 350° F. for 35 minutes. Cut in bars when partially cool.

NOTE: If using shredded cocoanut, chop in chopper before adding to mixture.
FROM BROCKTON SCHOOL LUNCH PROGRAM

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100 portions

GREEN RICE

Ingredients	Amount
Frozen chopped Broccoli	10 lb.
Onions, chopped	2 lb. 4 oz.
Butter	8 oz.
Cooked rice	11 lb.
Condensed cream of mushroom soup	5 cans (50 oz. each)
Cheddar cheese, grated	3 lb.

Directions

1. Cook Broccoli according to package directions. Drain.
2. Saute onions in butter until tender but not brown.
3. Combine broccoli, onions, rice, and soup. Mix well.
4. Turn into 4 pans (12"x20"x2"), using about 10 pounds (5 quarts) per pan.
5. Sprinkle each pan with 12 oz. ((3 cups) cheese.
6. Bake at 350° for 30 minutes.

SERVING: 3/4 cup provides 1/2 oz. cheese and 1/4 cup vegetable.

SATELLITE SYSTEMS CONT'D FROM PAGE 3

7. EQUIPMENT - Make sure the capacity of refrigerators is adequate for the storage of meals and any left overs.

8. FOOD DELIVERY - Make sure satellite personnel take a physical count of the meals received and check their total with the total cited on the delivery slip.

9. ANONYMITY - Make sure your system for protecting the identify of the free or reduced price child works. This is very critical.

Certainly these are not all the areas satellite personnel must concern themselves with, but they can not be ignored if a program is to operate effectively and within acceptable guidelines and regulations.

If you are in need of help or wish to share with others the solutions to problems you have encountered please drop us a line.

* * * * * * * *

Don't Lose Nutrients

The foods that you serve may not be as nutritious as they were when you selected them. Through careless preparation valuable nutrients can be lost. Conserve your food value by following these tips:

- Use a sharp blade when you are trimming, cutting, or shredding fresh vegetables or fruits.

- Cover and refrigerate diced or grated vegetables and fruits immediately after preparation, if they are not to be eaten right away.

- Cook vegetables only until tender. If they are boiled use only the amount of water that is needed to produce the desired tenderness. A tight fitting lid is a must.

- Save any remaining liquid from cooked or canned vegetables to use in soups, gravies, and other dishes. Nutrients from the original product end up in the liquid.

WE'LL TELL IT LIKE IT IS CONT'D FROM PAGE 2

3rd Grade Pupils in Food Line

3rd Grade Pupils and Teacher

Each worker is responsible for keeping a section of the kitchen clean and the way it sparkles shows how well these women accept responsibility. A few basic rules are followed that help make the work load easier such as never serving two dishes on the same day which require extra care in cleaning like macaroni and cheese with a sticky dessert, or never having home baked bread to slice on the same day that meat has to be sliced. Othe rules, similar to these, which foster job efficiency are constantly being sought by the staf Mrs. Ericson adds extra incentive by promising a "bonus" for any applicable suggestions These women work very well together and really seem to enjoy each other. In striving to serve well cooked attractive meals Mrs. Ericson and her staff have not forgotten the importance of a smile.

The year holds in store a few special occasions which find the whole school adding more enthusiasm than usual into the lunch program. During School Lunch Week activities abound. The walls of the cafeteria are brightly covered by posters made by the Art Department. The children are allowed to choose their favorite menus and prizes of free lunches are given to the students who find a sticker under their plates. The highlight, however, is the Christmas buffet with its special festive dishes. This seasonal dinner draws practically 100 per cent attendance. Home Economic students help in setting up the buffet. They also supply some much appreciated guidance to the little ones who are too bewildered by the numerous dishes to choose for themselves.

The teachers play an integral part in the program and deserve a lot of credit for its success. At lunch children in the primary grades are delighted to find their teachers eating with them at their tables. Through the every day occurrence of eating these youngsters are becoming aware and learning the importance of good eating habits and proper social graces. Although the cafeteria is not the usual teacher-student setting, at Naquag lunch time is still learning time. By participating in the school lunch program during these early grades, a pattern is being set for the childrens' remaining school years. The fact that the teachers make it an enjoyable experience for them only goes to further this budding practice.

CYCLE MENU FROM NAQUAG ELEMENTARY SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
Orange Juice Buttered Toastie Dog Cole Slaw Cheese Cube Chilled Pears Milk	Ham Parsley Potato Corn Rye Bread and Butter Brownie Milk	Apple Juice Hamburger on Home Made Buttered Roll Lettuce Salad Peppers & Onions Apple Crisp Milk	Celery Sticks Oven Fried Chicken Buttered Rice Spinach Home-Made Bread Cranberry Sauce Orange Half Milk	Orange Juice Fish Sticks, Tarter Sauce Buttered Mixed Vegetables French Fries P'nut Butter Muffin Milk
Apple Juice Dagwood Sandwich Potato Chips Peaches Milk	Beef & Gravy Whipped Potato Sweet Carrots Home-Made Bread & Butter Pineapple Milk	Orange Juice Pizzaburger Lettuce Salad P'nut Butter Stuffed Celery Jello w/wh. topping Milk	Frankfurt on Buttered Roll Baked Beans Cole Slaw Strawberry Short-Cake Milk	Tuna Salad on Lettuce Cheese Slice Sliced Tomato Cranberry Muffins with Butter Citrus Fruit Milk
American Chop Suey Buttered Peas P'nut Butter Sandwich Chilled Fruit Cup Milk	Ranger Pie Tossed Salad Hot Cheese Square & Butter Apricots Milk	Orange Juice Vegetable Plate Hamburger on Home Made Roll Fudge Square Milk	Turkey & Gravy Buttered Green Beans Carrot Curls Cranberry Muffins Blushing Pears Milk	Tomato Soup with Crackers Toasted Cheese Sandwich P'nut Butter Stuffed Celery Fresh Apple Milk
Choice of Juice Beef Stew Biscuits & Butter Cherry Crisp with Topping Milk	Meatloaf Buttered Green Beans Whipped Potato Cranberry Sauce Home-Made Bread Pudding Milk	Tomato Juice Macaroni & Cheese Tossed Salad Hot Rolls and Butter Orange Half Milk	Pineapple Juice Frankfurt on Roll Cole Slaw P'nut Butter Stuffed Celery Applesauce Milk	Orange Juice Pizza Lettuce Salad, Dressing P'nut Butter Cookie Milk

MSFSA Notes

The month of April announces that Winter has ended. This year has been one of struggle with high prices and food shortages. Spring offers a fine opportunity to review the past months and question ways to improve your program and to be happy with any gains you have made.

The increased financial help for the breakfast program will allow us to expand the menu and investigate other schools that may have hungry children to feed with a question -- do you have a breakfast program?

April is a beautiful month for Spring decorations in your cafeteria.

A Happy Easter to All!

Gladys Burbank
MSFSA Public Relations

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A MONTHLY REPORT
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WE'LL TELL IT LIKE IT IS!

BROCKTON HIGH SCHOOL

"Give the people what they want and good service. They will come back." is the slogan of one television commercial. This slogan applies to the school lunch program at Brockton High School.

Big, beautiful, and bright are a few adjectives that describe this new school. With enrollment at Brockton over 5000 students, Mrs. Woodman, the food service Supervisor, serves an average of 3900 meals a day!

What factors contribute to this success? Like any place else, a pleasant atmosphere, a choice of menus geared to student preferences, and excellent managerial controls. It sounds so simple!

Brockton High School is composed of four houses, each with its own complete cafeteria. A "red brick road" leads to each cafeteria in the schools' rainbow. Each cafeteria is a different color with that color used for the dishes, trays, walls, carpets, and even the trash cans. In each house there are 3 serving lines, a faculty dining room and a dishroom. Colorful chairs and wood-grain tables add to the pleasant surroundings where 400 can be seated at a time. Lunch periods, of which there are 28, begin at 10:30 and run until 1. These periods are divided into 7, 18 minute modules. Students are free to eat in any one of the four areas.

No matter which house the students pick the food they receive will all have come from the same place - the high school kitchen run under the watchful eye of Mrs. Ferrera, Production Supervisor. Those 3900 average daily meals are prepared here and then delivered to the different houses. With the seven modules making up

Continued on next page

a 2 1/2 hour lunch period, Mrs. Ferrera is constantly scheduling food production so that all modules have their own freshly prepared menu items.

Although the bake shop, under the supervision of Manager Mrs. O'Brien, is small in area, it plays a large role in the Brockton operation. The bakery turns out homemade French breads and a variety of rolls. Cookies and cakes are made daily for the Type A and a la carte lines. The Danish pastries and muffins found on the a la carte breakfast program all come from this shop. If pizza is a favorite at your school too, you can surely understand why 100 pizza shells are produced daily. This item appears on the menu about every three weeks.

Managerial controls contribute greatly to a successful operation. Mrs. Vaccara, stockroom clerk, maintains both a physical and a perpetual inventory. This accounts for everything coming and going from stock. Purchasing is done weekly by the food service director, Mrs. Schlepegrell.

Another valuable tool is the students' input into the program. A group meets to discuss food preferences, temperatures of food items, nutritional and financial aspects of running a food service and also to offer constructive criticism. These discussions are under the direction of Mrs. Margaret McEwan who meets with the students on a guest speaker basis co-ordinated through the Health Education Program. A 3 to 6 week unit on nutrition and consumer health, held in Spanish and Portuguese along with English, is also under Mrs. McEwan's supervision. She conducts on-going in service training sessions for the housemothers and managers on nutrition.

Menu choices include the standard Type A lunch, a sandwich which is served with other components so it meets with Type A requirements, and nutritious a la carte items. The a la carte choices are salads, soup, sandwiches, desserts, and fruit. Lunches cost $.40 for the students including dessert, and $.75 for adults including dessert and beverage. A la carte items range from $.10 to $.75.

With a participation rate of 79.9%, Brockton High School should be proud of its system.

It doesn't sound so simple now!

STAFF OF LIFE

The Fantastic Function of Fiber

Foods like cabbage, celery, and lettuce are popular diet items because they have a high water content and are low in calories. These foods, like most leaves and stems of vegetables and some fruits, have a high cellulose or fiber content. Although cellulose is a form of carbohydrate, it does not supply calories because the human body lacks enzymes for breaking it down to a form which can be absorbed. However, cellulose serves a very useful purpose. It is essential for proper elimination. Without bulk and fiber, the contracting muscles of our intestines would have little to push against. Food would either be too liquid and not be absorbed through the intestinal wall, or it would move too slowly through the colon resulting in constipation.

Besides being so important for proper digestion and elimination, fiber may play a role in other physical disorders. Some recent studies seem to indicate that a high fiber diet may reduce blood cholesterol and fat absorption. Increased blood cholesterol level is considered to be a risk factor in coronary heart disease. People who eat high fiber diets excrete more bile acids, more sterols including cholesterol, and more fat --resulting in a lowering of blood cholesterol. It is interesting to note that heart disease is relatively rare in people who eat a vegetarian diet which does not include meat products such as milk or eggs.

The treatment of diverticulitis (inflammation of the large intestine) with a high fiber diet is also current news. The usual dietary regimen is low in fiber (a low residue diet). Some clinical studies now show that a high fiber diet -- and particularly a diet high in cereal fiber --- may be beneficial. The higher fiber helps to ease the "straining" or pressure in the intestine. This has been corroborated by studies in Africa. The rural African who eats a high fiber diet never has diverticulitis; whereas, his city counterpart who subsists on a diet similar to ours also has a similar diverticulitis ratio.

Scientists are even searching for a link between a high fiber diet and intestinal cancer. Although no clear correlation has been shown, some believe that a decrease in the fiber content of diets may result in an increase in intestinal cancer.

Although the "fantastic" function of fiber is becoming more evident, the actual consumption of cellulose is decreasing. In the past century, the average consumption of dietary fiber from fruits and vegetable (fresh and processed) has declined by about 20%; from cereals and grains, by as much as 50%. The 1900, the consumption of whole wheat flour and cereals was 160 pounds per capita per year; in 1970, only 100 pounds.

Each of us should take a good look at the kinds and amounts of foods that we are consuming. Fruits, vegetables, and whole grain cereals are good fiber sources. Four or more servings of fruits and vegetables are recommended daily. We know that these foods are also of tremendous importance as mineral and vitamin sources. We should

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Registration

Spring Seminar

Rita Brennan, Nutrition Education

Over 350 School Food Service Supervisors and Managers gathered at the Sheraton-Tara Hotel on March 26 for the Annual Spring Seminar. The meeting provided us all with the opportunity to listen, to learn, to speak, and to share with and from each other. The program consisted of two concurrent morning and afternoon sessions.

In the Tara Ballroom, the morning session opened with Nutrition Education's "Food and You - Food and Man". Using audience participation techniques, they presented some exciting new "twists" to nutrition information. The many factors influencing what people eat were illustrated --- such as hunger and appetite; peer pressure; reward or security foods; ethnic or religious background; and social customs.

Through value clarification strategies --- Food and Me Circles, School Lunch and Me Circles, and Continuums, and Ten Foods I Like to Eat --- the participants became aware of how food affects them. They also learned how these feelings can affect the foods that they serve in their school food service programs, and how their students react to these foods.

A positive approach to promote school food services through using some of the factors influencing what students eat was demonstrated. A tour of many classroom/cafeteria projects was made via slides; a cooperative project for Grades K-6, Food and Man, was distributed; and menus and recipes to implement the project were made available.

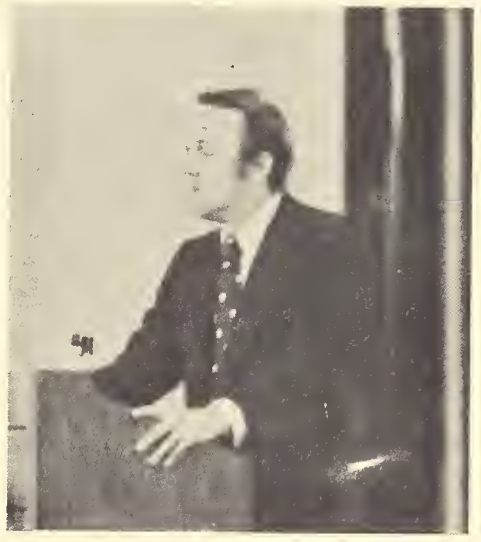
Help with the above, or any other nutrition education projects, is as close as your telephone. Call (617) 727-5764 now!

In the Charles III Room was Mr. William Patterson, Editor of Food Management Magazine, who talked on "Food Service - 1984". Mr. Patterson stated that we are now at a point in our history (the history of the earth, of man, of institutions, of industries,

of food service, of all phases of our life) where we are going to have to stop and ask ourselves questions such as where we are headed, what we are doing or trying to do, and why? Questions that he feels are mankind's most important. In relation to the age of the earth man has not been around that long and the rate at which he has progressed during that short time has been devastatingly rapid. In the process man, being different from the rest of nature's offspring by his ability to think, has used his insatiable curiosity, his ingenuity, and his technological know-how to create a better world, a world void of past ills. A world now plagued by more unique and complex problems that these advances have brought about. The earth can not replenish her stores as fast as man can use them up.

Mr. Patterson maintained that we can not settle for the past. Yesterday's answers do not fit today's questions. We have changed too much. The work force of today is not satisfied with the old theory that the most productivity is achieved by giving workers simple repetitive tasks to accomplish without using their minds. Workers want to have a say in what their job is comprised of. They want more responsibility and more independence, more control over themselves. When there is no interaction within an institution, an industry, or a food service operation there is no creative energy and therefore no growth. Everyone becomes isolated, removed from the problems of the whole system. Change is vital and necessary said Mr. Patterson. Changes such as the fact that more and more women are attaining management positions and are not settling for the predetermined roles given them by others; changes such as all personnel questioning each other and all those up and down the line of responsibility. Questioning the food they get, the food they don't get, the money they are given, and the money they aren't, the tasks they are assigned, and the ones they aren't. Mr. Patterson, of course, didn't have the answers but he told us that through probing, through confronting and challenging the systems we will get closer to them. He said asking the how, what, when, where, and why of everyday occurrences will give us our solutions for the future.

Warren Timmermann



Wm. Patterson, Food Management Magazine

Following Mr. Patterson to the podium was Janet Andrews, Vice President of Trans Tech, a computer operation used in the food service industry. Ms. Andrews pointed out that computers, because of their expense are not feasible for all systems but that in a large scale operation they are and can be a valuable and effective management tool. She was quick to add that management of any industry has two sides and that the computer could never replace the human relations aspect. Ms. Andrews went on to explain with the assistance of slides

Continued on page 9.

Commodities Expected To Be Available in June 1974

Butter
Corn Meal
Flour, Bread
Flour, All Purpose
Macaroni, Elbow Hy Pro
Spaghetti, Thin Hy Pro
Peanut Butter
Rice, Milled
Oats, Rolled
Shortening, Vegetable
Orange Juice, Conc.

Shipping and purchasing difficulties may make some variation in the above list.

Commodities in Home Economic Classes

Home Economic classes in schools where the National School Lunch Program is in operation are eligible to receive from the school lunch program Section 32 and 416 commodities for training students.

If the Home Economic class receiving the commodities is a large one so they take full cases, the service and trucking charges should be assessed monthly. If the program is small and they take only a few pounds or a few cans at a time, then the charges should be assessed at least once a year.

The only commodities available for home economic classes at this time are those listed on the top of this page. Any other commodities you may have are Section 6 and cannot be used for training students in home economics. This would include turkey, chicken, frankfurters, frozen beef and concentrated orange juice.

Flours & Grains

If you try to keep flour, corn meal, rice, and rolled oats in your storeroom through the summer, you will have infested food when you open school in September. Reduce your inventory on these items and we will hopefully have new supplies to fill your requests in the fall.

Insect Control

Insects destroy or render unfit for human consumption enormous quantities of food each year. The following are susceptible to insect infestation: dried beans and peas, grain products (flour, corn meal, rice, cereals), dried fruits (prunes, raisins, apricots), nonfat dry milk.

There are many ways in which insect infestation may occur in a storeroom. Insects or insect eggs may be harbored in floor cracks, baseboards, or in storeroom walls, in freight cars and trucks in which foods are transported or in shipping containers, especially where the containers are reused without proper cleaning or fumigation. Insect infestation is evident by the presence of webbing, beetles, moths, larvae, holes in grain, or partly consumed foods.

Since insects seldom are found on the outside of containers, it is necessary to inspect the inside of bags and cases, In bagged foods, insects are usually found in the creases of bags. In cased foods, they may be found in the dark, closed sections of the boxes. It may be necessary to examine several cases of foods before any infestation is noticed.

Insect infestation may occur even under ideal storeroom conditions; therefore, constant vigilance must be maintained for any sign of infestation, particularly during warm weather. Insect infestation of such foods as cornmeal, flour, beans, rice, dried fruits and dry nonfat milk can be prevented by keeping these foods stored at temperatures below 50°F.

Distribution of Section 6 Commodities

Frequently telephone calls are received from supervisors stating that they are unable to obtain the number of servings from a case of chicken or turkey as shown on the back of the monthly Commodity Ordering Form.

This article is to explain briefly what the figure is and how it is arrived at.

It is important for you to know that the amount shown on the Order Form is not the amount you can use but the amount we can allocate to each school based on the quantity that was received from the U.S. Department of Agriculture.

For example, if U.S.D.A. allocates to Massachusetts 240,000 pounds of frozen chicken, we divide this figure by 680,000 (total A meals served daily) and find that an allocation of slightly more than 1/3 pound per meal or for a case of chicken, one case for every 80 "A" meals served daily can be made.

* * * * * * * * * * *

Rx for Separated Mayonnaise

Recently we learned that a few supervisors have found the oil separated from the other ingredients in some containers of mayonnaise.

Freezing is one cause of this oil separation. We believe that the separated mayonnaise being reported to us was frozen or frost-bitten while in transit from the warehouse to the schools.

This mayonnaise can be successfully restored and used very satisfactorily. However, the remedies for restoration will change slightly the texture of the product and it will be more like salad dressing.

Here are the two remedies:

1. Simply beat the mayonnaise in a mixer and bring the ingredients together until mixture resembles mayonnaise. It will never become quite as thick

Continued on page 8

Rx continued from page 7

as the original product but it will reach a point of similar consistency. Watch it carefully because after this point has been reached, continued beating will start it "down hill" and it will only get thinner and thinner. Also, beat only as much as you need for immediate use because it will not remain stable if stored.

2. Cook together until thickened:
6 lb. water + 1 lb. sugar + 1 lb. cornstarch = 8 lb."paste"
Put the paste in mixer and add 2 gallons of mayonnaise. Beat until all ingredients are well blended. The product will be more like salad dressing but it will remain stable and not separate again upon storage.

* * * * * * * * * * * * *

REMEMBER THE CONFERENCE

Because some of you were late in registering for this year's Spring Seminar, the only remembrance you have of it is the check we returned. Well, the workshop has come and gone, but the conferences at Amherst and Stonehill are still coming attractions. Don't let these slip by too! Watch the mail for registration blanks and register early.

* * * * * * * * * * * * *

Oatmeal Crunch Cookies — Yield: 100 portions

Ingredients	Amount	Directions
Shortening	8 oz.	Cream shortening, butter, the sugars and peanut butter until well blended. Add the eggs and vanilla and mix. Add flour, salt, soda and rolled oats, which have been mixed together, alternately with the milk. Mix until well blended. Portion with a # 40 scoop onto a greased baking pan. Flatten out with a fork and bake at 350° for 15 to 18 minutes.
Butter	8 oz.	
Granulated Sugar	14 oz.	
Brown Sugar	1 lb.	
Peanut Butter	1 lb.	
Eggs	4	
Vanilla	1 tbs. + 1tsp.	
Flour	1 lb.	
Salt	1 tsp.	
Baking Soda	1 tbs. + 1 tsp.	
Rolled Oats	1 1/2 lb.	
Milk	1/2 cup	

Note: Peanut Granules may be added, if desired.

how Trans Tech operates.

Janet Andrews, Trans Tech

Any food service operation, Ms. Andrews said has a manufacturing cycle starting with a plan which includes your menus and your recipes, followed by purchasing the produce itself. This stage leads to storage and inventory, followed by production and distribution with an accounting of all the previous steps coming last. This cycle has many snags and problems that the computer can alleviate. Once it has been fed all the vital information such as standardized recipes, an ongoing record of market prices, nutrient data etc., the computer can start its job. It can tell you the exact amount of food needed for a specific number of servings. It can give you comparison prices over certain periods of time of different items. It can tell you how many recipes in your file contain a certain food item and how many times that food item was used during the month. This type system, Ms. Andrews explained, could also furnish you with a list of the order and location of all food items in the store room, an immediate and exact expansion of a recipe, the cost per portion for a certain recipe, and even a nutrient analysis of different meals served. The list of computer capabilities and its future possibilities goes on. Ms. Andrews, in ending her speech stated that such systems should not be used because they sound like fun, or because they sound ultra modern but because they are a real and valuable tool in effecting food cost savings.

Mr. Paul Keough, Director of Public Affairs for the Northeast Regional Office of the United States Environmental Agency, opened up the afternoon session in the Tara Ballroom with his speech "You and the Energy Crisis." Because of the impact the energy crisis has on our lives Mr. Keough planned for a long question and answer period. Mr. Keough stressed that no one can go it alone. We are all dependent upon each other to take better care of our earth, our air, and our water. We will need a real change in our way of living in order to achieve a satisfactory balance between the earth with her remaining natural resources and man.

Discussion of Events

The cause of our crisis, according to Mr. Keough, "is runaway and wasteful growth and demand." Our rate of energy consumption must be reduced but this alone is not the solution. Mr. Keough feels we need strong and truthful leadership and a leadership that would formulate a positive national policy based on the realization that energy and environmental concerns go hand-in-hand.

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Mr. Samuel Crabtree of Crabtree Associates, a Food Service Consulting firm concluded one afternoon session with his speech "Think Systems" dealing with the planning of a food service operation.

All food service operations in order to be successful have a certain system which they follow. These operators know their system works. They also know that in order to maintain that success and with an eye on the future, they must constantly be in a state of redesigning and refining. A school food service operation is no different from these others. School lunch, Mr. Crabtree said, has to devise a long range system that is popular with the students and yet is economically feasible to operate. The School Food Service of the future must be ready for anything. Mr. Crabtree maintained that it wasn't too far fetched to envision a school food service that would run from morning until night starting with a breakfast program, running through the day with regular lunches, elderly feeding programs, snack bars, and ending with an evening coffee shop for adult or vocational education programs. Managers must be aware of the possibilities. What function does the school service provide now for the community and what will these functions be in 10 to 15 years? In order to accommodate the future, Mr. Crabtree urges one to know all possible operational choices, to know which choices are available, and above all to know which choices are most feasible for each individual situation.

Audience participation played a large part in the afternoon session entitled "Is Hearing Understanding?" presented by Mr. Warren Timmermann of the Institute for Persona Effectiveness in Children. Our background, our family history, our culture, everything that goes into making us an individual is reflected in what we say. These different components, said Mr. Timmermann, are our screen but just as we have this personal screen so does the person who is listening to us. The listener's screen acts in the same way by influencing the way they hear. At times these screens can cause misunderstanding between two people. With the help of the audience Mr. Timmermann showed different responses and actions and interactions that people employ. He had those in attendance making lists, asking each other questions,and even doing a little self-evaluating. All these illustrative points, however, had a central theme - the importance of effective communication. We must learn how to understand each other. According to Mr. Timmermann, the realization that someone cares about what you have said, the fact that one has digested your words, repeated them, is responding to them and in turn giving you feedback on them is the beginning to true understanding between human beings. Hearing is not really understanding unless we want it to be.

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DATES TO REMEMBER
CONFERENCES

University of Massachusetts at Amherst	Stonehill College North Easton
June 23-28	August 18-23

Staff of Life continued from page 3

also include four servings of whole grain or enriched breads and cereals every day. Besides bulk and carbohydrates, these foods contain some protein, B vitamins, and iron.

In addition to checking your own diet, make certain that the foods served in your cafeteria contain ample fiber or cellulose. Perhaps in the future, food processing industries may become more aware of the importance of this vital substance. You may even see it listed on the labels of new convenience foods. Until this is true, you must be sure that the fabulous fiber is allowed to perform its fantastic function for you and your students.

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum:

MEAT AND MEAT ALTERNATE - 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 tablespoon of butter or fortified margarine. This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

WHOLE MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

WARNING!!!

DEVICES THAT DISPENSE HARMFUL CHEMICALS SHOULD NOT BE USED IN AREAS THAT PRODUCE OR SERVE FOOD. NO AEORSOLS, HANGING STRIPS, OR INSECTICIDE POWDERS SHOULD BE USED IN KITCHENS OR ON LINES.

MSFSA Notes

Here are a few notes from the last MSFSA board meeting. Plans are underway to have the Association help any chapter who has reached an impasse with their bargaining.

There is still time to apply for your 20 year pin from:

Mrs. Shirley Kristenson
42 Hawthorn Street
Westwood, Massachusetts 02090

At the fall convention there will be a special table at the banquet for those with new 20 year pins. This is the time for making plans for going to the state School Food Service Convention at Hyannis in the fall.

Start thinking about ways to make money with auctions, rummage sales, and so forth, to help pay for all the women who would enjoy attending all or part of the program.

Gladys Burbank
MSFSA Public Relations

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agen

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Department of Education
OFFICE OF SCHOOL LUNCH PROGRAMS
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JUNE 1974

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

A MONTHLY REPORT
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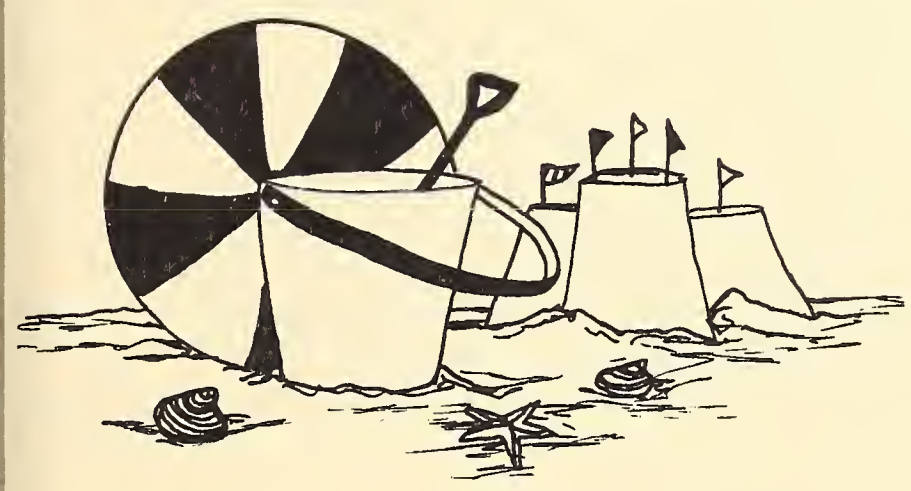

WE'LL TELL IT LIKE IT IS

HAMPDEN SCHOOLS

Our series on various school food service programs finds us this month in the town of Hampden famed as being the locale of Thornton Burgess' beloved nature stories for children. The concern and affection for children brought about through Burgess' words must be a Hampden trait for these same qualities can be seen in the school lunch program. The children are the operation's main motivation.

The town of Hampden has only two schools; an older building, Green Meadows School, for grades 1-3; and a recently constructed middle school, appropriately named Thornton Burgess School, for grades 4-8. Students in the higher grades attend a nearby regional high school. Hampden's school enrollment numbers slightly over 1000. That total is made up of children from the community's rural and new development areas and children bussed from urban Springfield through a METCO program agreement.

Of this enrollment 700 receive their meal through the school lunch program. The prime force behind the operation is its supervisor, Mrs. Yola Esposito. To her children and job are synonymous. She is in complete control at all levels of the lunch policies and procedures and the results are plainly evident.

A major part of the operation's financial stability has to do with Mrs. Esposito's careful menu planning and purchasing practices. She figures exact quantities and amounts to prepare and use. She takes advantage of all donated foods. Purchasing seasonal foods that are plentiful is another economical practice always followed.

continued on next page

CONTINUED FROM PAGE 1

Money saving traits as these are practically second nature to Hampden's food service Supervisor. The best possible meal for the least amount of money is not so much a dream as a reality here. The price of lunch has been maintained at 30¢ for full price students and 20¢ for those students who qualify for reduced price lunch. Direct financial assistance is practically non-existent but a stable balance is achieved by receiving indirect aid in such areas as bookkeeping, cashiering, and equipment repair.

The cafeteria personnel have an excellent working relationship among themselves which could only come about with persons who enjoy and like each other. Always eager to learn new aspects of her job, Mrs. Esposito shares all new information and new food service techniques with her three workers. Expanding from Green Meadows School with its limited kitchen facilities to the new Burgess School required the mastery of using steam cooking equipment and convection ovens. The staff, all of whom began work with no prior food service training, are now adept at using the new equipment - a skill acquired through the give and take that is so prevalent between Mrs. Esposito and the other personnel. A clear example of the fact that the children are the motivation behind the food operation is the presence of nutritious home made yeast rolls on the menu. The school does not have a dough cutter but the rolls are there anyway by labor demanding hand cutting. Staff productivity can also be seen with one quick glance around the kitchen. Thorough cleaning routines are adhered to in order to keep the facilities in excellent sanitary condition. There is also the preparing and the serving of 700 meals per day and then ware washing to keep these already busy women even busier.

The lunch program provides a service for the children but also has the potential of providing an educational experience. This potential is met in Hampden. Several times this year different classes have been taken on a tour of the kitchen where they viewed preparation first hand. The students saw all the stages of baked beans being prepared and cooked, cake batter in a 60 quart mixer being beaten, and the operation of the dishwasher. For the past two years Mrs. Esposito has given a mini-course in cake decorating which is very popular with the students. The lunch staff, too, often goes above and beyond their regular duties. When a library was recently created at the Green Meadows School they made a contribution for the purchase of three books dealing with food to further the children's food education.

A unique feature of this food service operation is a weekly Invitational Lunch given by the Principal, Mr. Pallotta. One day each week seven students are invited to be his guests. The table is set with place mats, napkins, and a centerpiece, all fitting for such a special occasion. The children consider it an honor to be eating with the Principal, receiving his

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ACCOUNTABILITY

The word accountability has been an important word for educators the last few years. The Random House Dictionary defines accountability as follows: "Subject to having to report, explain, or justify; responsible; answerable." Its application to education resulted from the rapidly rising cost of educating this nation's children. Each year as prices continue to mount the role it plays gains more and more import.

No aspect of a school operation is without its individual responsibilities. A food service has the nutritional and financial stability of its program to account for. Nutritionally a food service must prepare a meal that meets one third of the students daily dietary needs, an essential part of helping the students reach their full physical and educational potential. To achieve this the Type A pattern has been developed to be used as a guide. Some programs however, are confronted with students who have poor eating habits, who are wasteful, and who complain about the Type A lunch. Such obstacles have to be surmounted in order to fulfill the duty of nutritional accountability. A little creativity in menu planning can produce meals that not only meet the pattern requirement but also appeal to the students. Poor eating habits can be corrected by a more thorough understanding of good foods brought about by the incorporation of nutrition education into the regular classroom curriculum. Complaints would diminish if the students were able to take a more active part in the operation itself. By creating a student advisory committee the food service director would be up to date with the students' likes and dislikes and the students would be more aware of exactly what it takes to operate an efficient food service, while meeting its nutritional responsibilities, spends the least amount of money. Although it is a difficult task, it too is attainable. To keep finances to a minimum, realistic budgetary goals must be developed and then adhered to. Through proper practices and procedures this seemingly awesome duty can be successfully met.

Cost controls start with planning menus that can be produced at a reasonable price. Using such helpful tools as the "Menu Planning Guide for Type A Lunches," and the "Food Buying Guide," along with the manager's personal knowledge of local taste preferences popular and reasonably priced meals can be served. Although utilization of such techniques as bids and quotes for procuring food keeps expenditures down, costs can still rocket if care is not taken with the remaining procedures of a food service operation. When receiving merchandise it must be checked and inspected carefully. Foods must be stored properly to avoid spoilage and all storage areas must be kept locked with only authorized personnel allowed access. The use of standarized recipes, either your own or those developed by USDA, will guarantee a uniform product and thus eliminate waste due to poor preparation techniques. Additional savings through waste reduction can be obtained by using the correct serving utensils for better portion control.

With accountability playing such a major role in the educational system, it is time to make a careful assessment of your rating. Is your school food service program delivering the best nutritional services at the lowest possible price?

CHECKLIST FOR CLOSING A SCHOOL FOOD SERVICE DEPARTMENT FOR THE SUMMER

Yes	No	Food
( )	( )	An inventory of all food is made and all damaged or spoiled foods including canned foods that are bulged or leaking have been discarded.
		NOTE: Only a minimum amount of food stuffs should be stored for the summer. Do not purchase the fall supply of foods to be delivered before mid August.
( )	( )	All foods that are left have been labeled and dated so they may be used first in the fall.
( )	( )	All broken lots of foods are stored in glass or tin containers with tight lids.
( )	( )	Canned fruits, vegetables, peanut butter, dried beans and nonfat dry milk are stored at 70° F. or lower.
( )	( )	Cheese, dried eggs are in refrigerated storage 32° F. or lower.
( )	( )	Cornmeal, rice, flour are stored in a cool place in air-tight containers in an area that will keep the foods free from insect infestation. (The higher the temperature, the more rapidly weevils develop.)
( )	( )	Butter and other perishable foods are stored at 0° F. or lower.
( )	( )	There is no food left to attract insects or rodents.
		Equipment
( )	( )	A complete inventory of all large and small equipment has been taken.
( )	( )	All ranges and ovens are thoroughly cleaned; all burned grease and food particles have been removed; and all parts which have a tendency to rust have been greased with a salt free fat such as olive oil, vaseline, etc.
( )	( )	The doors have been left open on convection ovens.
( )	( )	The refrigerators and freezers have been washed with warm soda water. If they are turned off for the summer, the doors have been propped open.
( )	( )	All power drive machinery has been thoroughly cleaned and oiled.
( )	( )	All shelves and bins have been scrubbed.
( )	( )	Steamers have been cleaned and flushed out or blown out, the pilot light is left on, water is left in the boiler of the steamer, the water valves have been turned off and the doors have been left open.
( )	( )	All equipment has been repaired and is in working order.
( )	( )	All non-repairable equipment has been discarded.
( )	( )	Dishwasher is thoroughly cleaned.
		Storage Room
( )	( )	All empty boxes, crates, etc. have been removed and there is no hiding place for rats, mice and other vermin.
( )	( )	Adequate ventilation is provided to insure that there will be no heat build-up.
( )	( )	No matches are left anywhere in the department.
( )	( )	Silver, plates, and plastic trays are neatly stacked and stored in a locked storage area.

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STAFF OF LIFE

FOR A MORE DELECTABLE DAIRY MONTH

Milk and milk products are the refreshing focus for June. Some of these foods may recall a few fond memories from childhood -- at the ice cream parlor or simply licking a cooling cone on a scorching summer's day. Or, they may bring back a picture of a dairy farm during June, alfalfa greening, cows and calves grazing, and the sounds of the milking room.

Besides these rewarding recollections, the milk group also provides us with a number of essential nutrients. These nutrients include calcium, protein, vitamin D, and riboflavin. For this reason, we never outgrow our need for milk.

Fortified milk and milk products supply vitamin D to help in forming strong teeth and bones. Sunshine also helps us to make vitamin D by combining with the oils on our skin. But in cooler climates where outer clothing covers the skin for many months of the year, vitamin D fortified milk is a must.

Protein is essential for building and repairing body tissues. We also get an excellent source of protein from other foods such as meat, fish, eggs, and some from the bread and cereal items.

Riboflavin, as one of the B vitamins, helps in maintaining healthy nerves, skin, and eyes. Enriched breads and cereals are also a good source of this vitamin.

Milk and milk products supply us with most of the calcium needed daily. We would have to eat 20-30 oranges or 8-9 cups of broccoli or almost 7 pounds of cabbage each day to get the calcium supplied by one quart of milk. This mineral is vital for building and maintaining strong bones and teeth, regulating heart and muscle contractions, and for clotting blood.

Our bones contain 99 percent of the calcium we consume. If we fail to obtain the required amounts of this mineral, it is drawn from the bones to assist in the other functions. When we neglect to eat or drink our milk over a period of years, our bones may become hollow and brittle. This condition is called osteoporosis.

Unfortunately, many teen-agers begin to avoid milk products. The 1969 dietary survey conducted by this Bureau showed that over 50 percent of the teen-age girls failed to obtain the recommended 3-4 servings from the milk group. A continuation of this practice could lead to health problems during pregnancy or later in life. By offering skim milk in high schools, we may be able to correct this trend. So let us encourage the consumption of milk and milk products for all age groups.

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Pizza Products Approved for School Lunch

Many of the pizza products currently being used in the schools do not meet the Type A pattern. With such an array to choose from - each with their own set of ingredients containing varying amounts of the required foodstuffs USDA has found it necessary to sort through the numbers and compile a list of those companies that produce items that meet the pattern requirements.

In order for a product to be approved, certain specifications must be met. A Child Nutrition Type 1 Pizza has to contain the three components of the Type A meal - 2 ounces equivalent cooked meat/meat alternate or 2 ounces cheese, a serving of bread, 1 teaspoon of butter or margarine. A Child Nutrition Type 2 pizza has to contain the three components already listed plus 1/4 cup of the vegetable/fruit component.

Following is a list of the companies whose products meet the specifications for CN Type 1 Pizza only. This does not mean that other brands that you may now use are excluded. However, when buying these pizzas find out from the supplier the ingredients and their amounts so that you may add the necessary protein supplement to meet the pattern requirements. No companies have, as yet, been listed for production of the CN Type 2 Pizza product.

HEINZ DELUXE I PIZZA WITH SAUSAGE AND TEXTURED VEGETABLE PROTEIN - H.J. Heinz Company

JOHN'S ORIGINAL "SUPER A" PIZZA WITH SAUSAGE AND TEXTURED VEGETABLE PROTEIN
JOHN'S ORIGINAL "SUPER A" PIZZA HAMBURGER
Anthony J. Pizza Food Products Corporation

TEEN-RITE PIZZA, PIZZA WITH BEEF PATTY CRUMBLES
TEEN-RITE PIZZA, CHEESE PIZZA
Lincoln Land Foods, Inc.

For further information in regards to size and weight of the portions please feel free to contact this Office.

NOTE: In a brochure entitled "Now There Are 4" currently being circulated to school lunch programs by the H.J. Heinz Company there are listed 4 pizza products. One of these is the CN Type 1 approved product mentioned above, the other three Heinz maintains meets or exceeds the Type A lunch requirements when served with various specified amounts of the remaining pattern components. USDA, however, has not examined these products and can not verify this claim. As is, they are not designed to meet the Guidelines but USDA has offered to review the data for them.

BREAD EQUIVALENTS

The Bread requirement for the various Child Nutrition Programs has been expanded to include a variety of bread alternatives. Because of the vast array of bread products available certain guidelines have been set up to determine which items are creditable toward meeting the bread requirement. Those bread equivalents which qualify must meet all regulations and government standards governing the Child Nutrition Programs; they must be served as an accompaniment to or be an integral part of the main dish; they must use whole-grain or enriched meal or flour and other cereal flours as the primary ingredient in their preparation. A creditable item must contain the equivalent nutrient value of a slice of enriched white bread, therefore appropriate weight/serving size has been determined according to this nutrient content, to solid content, to fat in relation to the caloric content, and to practicality of serving size!

Items which do not qualify as bread alternates are sweet foods such as cakes, cookies, pies, etc., which are usually served as dessert items; snack foods such as hard thin pretzels, corn chips, etc.; cereal products such as rice, bulgur, and pastas since these products are better used to round out the meals in regards to satiety and nutrients rather than as part of the bread requirement.

Following is a list of the bread equivalents. It should be noted that some of the items are commercially prepared and are often made with unenriched flour. Check label and manufacturer to be sure that enriched flour was used.

Items	Size	Approximate Weight Grams	Oz. Per Unit	
Bagels	1 Bagel	40	1.4	
Doughnuts*	1 Serving	32	1.1	
Pretzels, Dutch (Soft) Twisted	2 Pretzels	16	0.6	(pretzel)
Salt Sticks	1 Stick	25	0.9	
Stuffing (Bread)**	1 Serving	80	2.8	
Syrian Bread (Flat)	1 Section	25	0.9	
Bread Sticks (Dry)	3 Sticks	7	0.2	(Stick)
Graham Crackers	3 Crackers	7	0.2	cracker
Melba Toast	5 Pieces	4	0.1	piece
"Pilot" Bread	2 Pieces	16	0.6	piece
Rye Wafers (Whole Grain)	4 Wafers	5	0.2	wafer
Saltine Crackers	8 Crackers	2.8	0.1	cracker
Soda Crackers	3 Crackers	7	0.2	cracker
Taco Shells	2 Shells	10	0.4	shell
Zwieback	3 Pieces	7	0.2	piece
Dumplings	1 Dumpling	45	1.6	

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Items	Serving Size	Approximate Weight Grams	Oz. Per Unit
Hush Puppies	1 Serving	30	1.1
Meat/Meat Alternate Pie Crust		30	1.1
Meat/Meat Alternate Turnover Crust	1 Serving	42	1.5
Pancakes	1 Pancake	50	1.8
Pizza Crust	1 Serving	30	1.1
Popovers	1 Popover	50	1.8
Sopapillas	1 Serving	30	1.1
Spoonbread	1 Serving	30	1.1
Tortillas	2 Tortillas	25	0.9 tortilla
Waffles	1 Serving	30	1.1

*Bread item only in the School Breakfast Program.
**Bread in a serving of stuffing should weight at least 25 grams or 0.9 oz.

Staff of Life Continued from page 5

Remember that we can eat milk as well as drink it. Serve puddings, cream soups and plenty of ice cream this month. Try a cheese tray using a variety of cheeses or cheese shapes to appeal to the more sophisticated customers. Use yoghurt for topping desserts. Cooperate with classroom tasting parties using foods from this group. Devote special menus to a food from the milk group such as cheese. Decorate the cafeteria and corridors with papier mache cows and dairy scenes -- past and present. Create collages or mobiles of foods from the milk group. Encourage social studies classes to investigate different animals that produce milk for man (reindeer in Lapland, goats in Greece, camels in Egypt).

We may be unable to participate in the activities of a dairy operation or inhale the "fragrances" of that setting. But, we can provide delightful learning experiences to promote milk consumption and make a more delectable Dairy Month for our students.

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WE'LL TELL IT LIKE IT IS continued from page 2

total attention and to be partaking in such an adult activity. Through such a guest-host situation the children are practicing and therefore learning more about table manners, social behavior and conversation. The anticipation on the faces of those students yet to receive their invitation shows how successful this event is.

REPEAT PERFORMANCE

If success is measured by participation then the city of Woburn has itself a real winner. On April 23, the second annual citywide Grandparents Day was held with 1400 people taking part, an increase of 600 over last year' attendance. The grandparents, some traveling from as far away as Maine and Connecticut, joined their grandchildren in a hearty meal of homemade chicken pie, mashed potatoes, sweet peas, roll and butter, and midnight chocolate cake for dessert. The children had their milk, and coffee and tea was made available to visitors. Once again, upon arrival to the school the grandparents received a red rose donated by Mr. Edward Johnson, president of Johnson Roses.

Mr. Paul R. Kenney, Director of Food School Services, was much enthused by the response from both parents and grandparents alike and was extremely delighted with the turnout.

After two such successful years, Grandparents Day is going to be a regular occasion for the Woburn school children.

"The child has a right to know what to eat and why, and how it affects his health."

Journal of American Dietetic Association, September, 1957

This Bureau is working with the Welfare Department in closing out the warehouses used in the needy food program. There are a few items which can be had at no cost. The equipment of interest to schools is as follows:

Shopping carts - the type used in supermarkets
Dunnage racks - 48 x 40
Freezer units - 15 cubic feet

The date of availability will be either August or September.

If you are interested write to Mr. Thomas Donoghue, Project Director, 182 Tremont Street, Boston, Mass. 02111

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum:

MEAT AND MEAT ALTERNATE - 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - A 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a bread equivalent, made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 teaspoon of butter or fortified margarine. This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

WHOLE MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

CHECKLIST CONT FROM PAGE 3

( ) ( ) All financial records, reports, invoices, receipts, menus, recipes, USDA Recipes, Buying Guide and Menu Planning Book are filed in a safe place.

Miscellaneous

( ) ( ) Hoods and filters over cooking equipment and vents in dishwashing area have been cleaned.

( ) ( ) All dishtowels have been washed and boiled in a bleach and water solution, dried, folded and stored in air-tight containers.

- Georgia Newsletter

Underground Spice Cookies

Ingredients	Amount
Shortening	3 lb.
Sugar	3 lb.
Eggs	5
Sweet potatoes, mashed	3 lb. 4 oz.
Vanilla	1 1/2 T.
All-purpose flour	3 lb.
Baking powder	2 T.
Cinnamon	2 T.
Salt	1 T.
Baking soda	2 T.
Raisins	1 lb. 14 oz.

Directions: Cream shortening and sugar until well blended. Add eggs. Beat. Blend in sweet potatoes and vanilla. Mix well. Blend remaining dry ingredients. Mix in raisins. Add to above mixture. Portion with #30 scoop on lightly greased sheet pans. Bake in 350° oven for 12-15 minutes. Cool. Brush with Sweet Glaze

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Sweet Glaze

Ingredients	Amount
Butter or margarine	3/4 cup
Vanilla	2 T.
Confectioner's sugar	2 lb.
Nonfat dry milk	2 T.
Salt	1/4 tsp.
Water	1/2 cup

Directions: Cream butter until light and fluffy. Add vanilla. Combine sugar, dry milk and salt. Add alternately with water to creamed mixture. Beat until light and fluffy. Brush on cookies.

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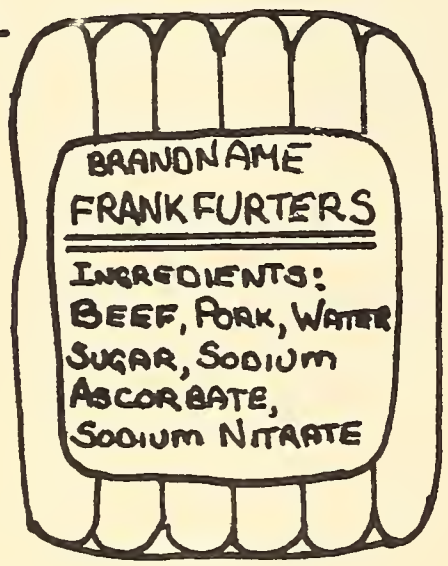
HOT DOG NEWS

USDA, through new labeling regulations, has reduced a lot of the confusion in purchasing hot dogs (and other cooked sausages like bologna and knockwurst) and has made it easier to determine exactly what to buy. The ingredients will still continue to be listed in decreasing order with the item making up most of the product listed first. But changes will be evident on the label itself. Terms as "all meat" and "pure beef" were determined misleading and can no longer be used since cooked sausage products are made with other ingredients such as water, seasonings, and curing substances.

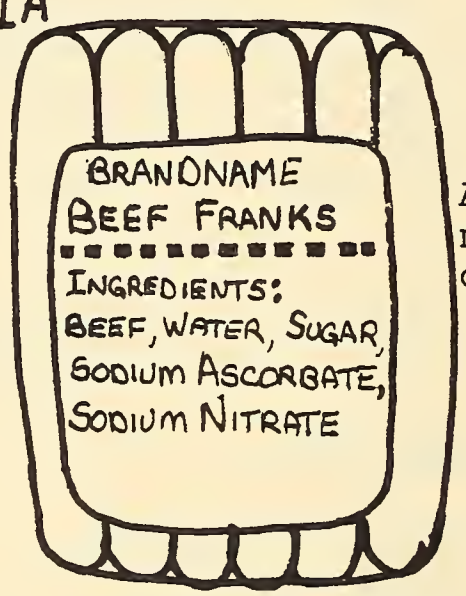
Whether they are called "hot dogs", "franks, "weiners", "furters", or "frankfurters", they will all be labeled in one of three ways. The first category includes those products made only from skeletal muscle meat. (Example 1) If only one variety of meat is used rather than a combination, the label will specify this also (Example 1A). The second label category includes those hot dogs using other edible byproducts along with the skeletal meat. Hearts, tripe, tongue etc., are such byproducts and are usually called variety meats. (Example 2) The use of binder materials such as nonfat dry milk and soyflour in the product comprises the final category (Example 3).

#1



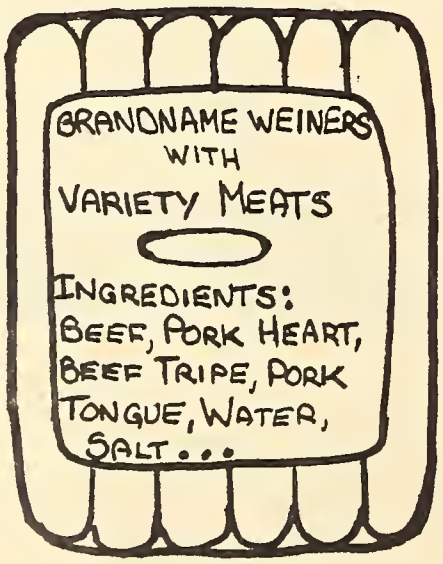
All skeletal muscle meat

#1A



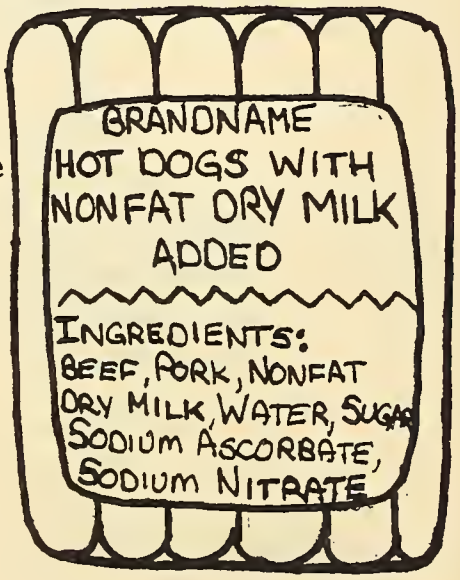
All skeletal muscle meat from one variety

#2



Skeletal muscle meat with by-products added

#3



Skeletal muscle meat with binders added

COMMODITIES RETURNED BY SUMMER CAMPS

It is a requirement of the U.S. Department of Agriculture regulations that summer camps return commodities that are left over at the end of the camping season.

In order to prevent the trucking expense of returning the foods to the warehouse they are being informed to contact the nearest school department and offer the foods they have left over. We will appreciate your cooperation in accepting these foods if they are offered.

TAILINGS OR LEFT OVERS

As each school year comes to a close we have small quantities of various types of commodities in our warehouses, usually small amounts of canned fruits or vegetables that were distributed during the year. We do our very best to give all schools some portion of these left overs but we regret to say there is never enough for all so some schools are left out. These commodities must be issued as the U.S. Department of Agriculture doesn't want them carried into another school year otherwise we would hold then until Fall in hopes similar purchases would be made.

SUMMER STORAGE OF FLOUR AND GRAINS

Hopefully you have reduced your supplies of flour, corn meal, rice and rolled oats so that you have none to carry over. If you have a carry over and your cooler or freezer is in operation during the summer put your flour or grains in a moisture proof plastic bag and store them in the unit that is in operation. This will prevent any possibility of infestation.

FREEZER STORAGE

If you have meat, butter etc. in your freezer be sure that you or the custodian check the freezer weekly, daily would be better. Each year we hear of freezers that konk out during the summer resulting in a large financial loss to the school.

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EMPLOYMENT OPPORTUNITIES

Head Cook for Girl Scout Camp

Bolton, Mass. - 75 Campers

If interested call Beth Hutton 969-8800

RESOLUTIONS FROM THE AMERICAN DENTAL ASSOCIATION

The American Dental Association (ADA) has recently passed several resolutions concerning foods rich in sugar:

1) The Association has reaffirmed that school administrators and local Government officials need to protect both dental and general health by eliminating from the schools the sale of sweetened beverages and sugar-rich foods in competition with the nutritional foods provided in school food programs.

2) The Association wants to support efforts to provide nutritional information to the consumer by requiring food product labeling of percentages of ingredients, particularly sugar.

3) The Association also wants the appropriate agencies of the ADA to make every effort to amend the National School Lunch Act to prohibit the sale of non-nutritious foods that encourage tooth decay under the Federal reimbursement program.

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"Vitamins," said a speaker on nutrition "add more life to your years, if not years to your life."

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RAVIOLI REMINDER

The serving of purchased canned ravioli does not meet the two ounce protein requirement of a Type A lunch and can not be counted as such.

It would take four cups of the purchased canned ravioli to meet the protein requirement for one child and the total contents of a #10 can would only serve three persons the correct portions.

MILK BID

As the milk market continues to be erratic we recommend that you include an escalator clause in your bid in order to insure that there will be no interruption in your service. When the market stabilizes this clause can then be omitted.

The price for Class 1 milk set by the Federal Milk Market Administrator's Office and the Massachusetts Milk Control Commission is the minimum that can be charged. The Regional Common Milk Marketing Agency, acting for certain producers, may set a higher price to reflect higher feed costs, etc. Therefore, the escalator clause should be related to the price set by any of these three agencies.

A suggested escalator clause is as follows:

The vendor shall be compensated or the School Food Authority shall be credited in accordance with any fluctuation in price which occurs after the initial bid contained herein. The basis for such fluctuations in price shall be either the price adjustments established by the Massachusetts Milk Control Commission, the Federal Milk Market Administrator and/or the Regional Common Milk Marketing Agency. In no event, however, shall the vendor receive an adjusted differential rate in excess of that which he actually pays to the producer. Whenever the price paid to the producer declines the School Food Authority's price paid to the vendor shall be reduced automatically by a like amount.

MSFSA Notes

Here are our new MSFSA officers:

President	Mrs. Mary P. Nagle
President-Elect	Mrs. Kathleen (Ty) Riordan
Secretary	Miss Elinor M. McAuliffe
Treasurer	Mr. Augustine P. DiSano

Standing Committee Chairmen

Budget	Mr. Bernard Zecker
Standards	Mrs. Pauline Malnati
Legislative	Mr. Charles Aubin
Membership	Mrs. Lila Burke
	Mrs. Nell Odlum

Delegate		Delegate-Elect	
Area 1	Mrs. Phyllis Magnano	Area 1	To be appointed
Area 2	Mr. John Tenney	Area 2	Mrs. Angela DiSanti
Area 3	Mr. Vincent Giannetti	Area 3	Mrs. Rose Jordan
Area 4	Mrs. Dorothy Avery	Area 4	Mrs. Eleanor Chartier
Area 5	Mrs. Joan Martin	Area 5	Mrs. Janice Eames
Area 6	Mr. Russell Palmer	Area 6	Mrs. Rita Melia
Area 7	Mr. Kenneth Gebo	Area 7	Mrs. Pearl Fine
Area 8	Mrs. Ruth Lapham	Area 8	Mrs. Mary Carlson

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS
Department of Education
OFFICE OF SCHOOL LUNCH PROGRAMS
182 Tremont Street - Boston, Mass. 02111

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SEPTEMBER 1974

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

Govern...

A MONTHLY REPORT

IDEAS •••••••••••••••• DEVELOPMENTS ••••••••••••••••TRENDS

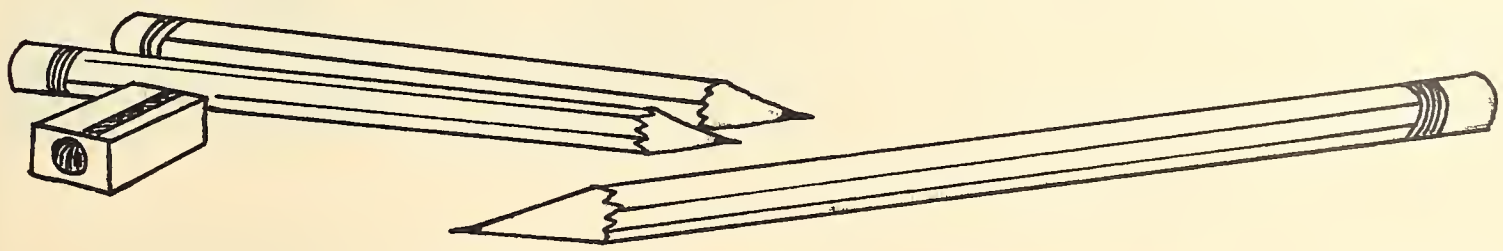
THE MANAGEMENT PROCESS

With words like "energy crisis," "food shortage," and inflation" still playing an important part in our daily vocabulary the start of this school year brings on an ever increasing challenge. Now is the time to look at your school lunch program with new eyes. Set up goals for yourself to be met over the next ten months. Goals leading to a foodservice operation based on efficiency and effectiveness.

The key to meeting such goals is found in "The Management Process" used to direct your program. Some think that if one has sat down and carefully set up plans and methods of operation that their ultimate objectives will be met. It sounds good but it just won't work. Ideas need to be carried out by actions to make them achievements. They need adequate supervision, additional planning, controls, checks, and often times revision. Efficient management is required from all levels of your operation in order to make the whole run smoothly. Planning, work scheduling, purchasing, receiving, storage, production, serving, accounting - all these elements work on one another. Poor management of one affects the management of the others.

A good base to work from to make good management a reality is low operative costs. Set up your budget for the year and plan to stay within it. Money saving steps such as making use of all commodities available, accepting as many quotes as possible on items to insure receiving the lowest price, increasing reduced price participation, are all within your grasp. Take advantage of them!

Throughout the year we will run a series of articles on "The Management Process" to help you accomplish your goals. Efficiency and effectiveness are obligations you have to meet not only for yourself and your fellow workers but also for the thousands of children that you serve each day.



THE WEEK AT AMHERST

The Annual Conference for Supervisors and Managers was once again held at the Campus Center, University of Massachusetts, Amherst. A successful week was noted by all 130 in attendance.

In the mornings first year participants learned Type "A" Menu Pattern and quantity food purchasing from Kadeshia Fazzina and Mary Ann Richard. During the afternoons Joe Kilday and Al Sbardella acquainted them with the required records for reimbursement and taught them how to maintain good record controls. Of particular enjoyment this year was the special instruction made possible by the smaller classes.

The advanced students' day was kept well occupied by the wide variety of elective courses. Nutrition Education Section staff members - Rita Brennan and Carol Wintle, again presented an interesting and productive course. Participants developed education projects to be used in the cafeteria during School Lunch Week and Child Nutrition Week.

John McIntosh, in "Quantity Food Production," discussed the principles of quantity food preparation. Emphasis was on techniques of food preparation, standardized recipes and efficient use of equipment.

Dr. John Reynolds from Amherst Regional Schools and his staff presented an excellent course on "Management By Objectives." Supervisors learned how to constructively set up goals and objectives and how to reach these goals through planned and measured activities.

"Resourceful Teaching," "Evaluating your Send Out System," and "Mini Course" were the afternoon choices.

In the "Resourceful Teaching" course Bernice Bourell discussed the methods of motivating adults to learn and techniques for planning an in-service training program. For experience, participants did some in-service training with fellow members of the class.

Guest speakers were a daily event in "Evaluating Your Send Out System." Representatives from prepackaged food companies gave candid talks about their

continued on Page 11

!!!NUTRITION TALKS!!!

There were lamb chops talking to cows and yogurt was describing itself to Brown Bread. The Basic Four Food Groups were arguing among themselves trying to determine which one was the most important. Different members from each group took turns telling the audience what their nutritive make up was and how they helped the human body grow.

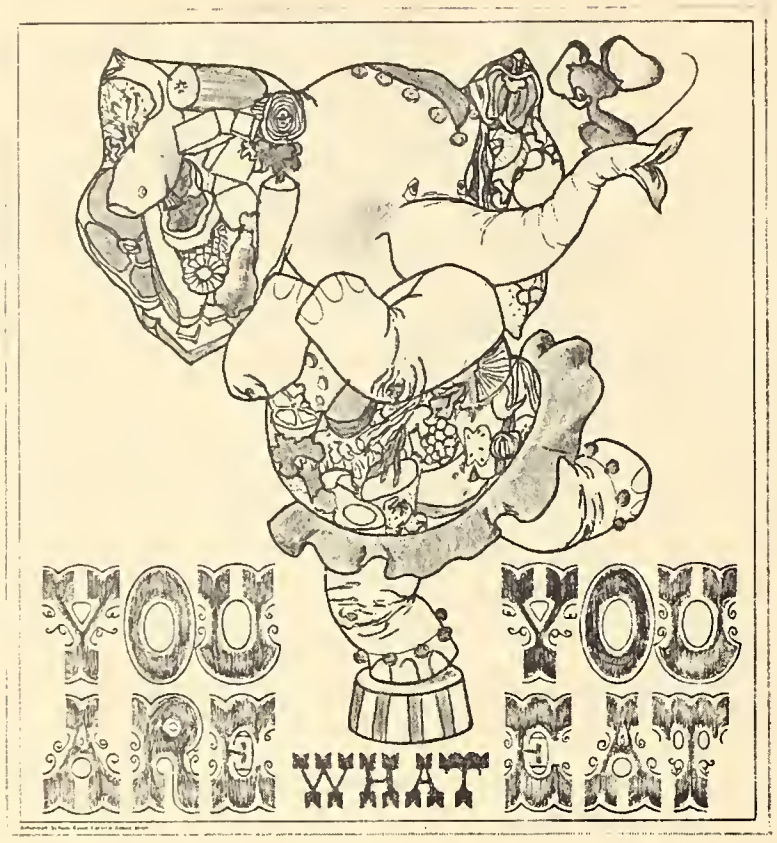
These scenes were sections of a play put on by the fifth grade class of the Central School in West Newbury as part of a study on nutrition. What the parents and the rest of the school saw was the culmination of many weeks of rehearsing and research that not only lead to a well produced play but, more importantly, to a better understanding of good nutrition.

In preparation for the performance the cast and the other fifth graders met several times with the school nurse. She explained to the students the value of a well balanced diet, a balanced meal, and how the body needs varying amounts of foods from the four food groups in order to be and remain healthy.

The school's food service operation was the next logical place for a class studying nutrition to go. There they were shown how fresh rolls are made and baked. They saw a turkey being prepared for the next day's meal and realized that setting up menus takes a lot of forethought and planning. The food service staff was eager and more than willing to answer questions the youngsters had about the cooking and preparation of the school lunches. With the class' more complete understanding of the importance of a well balanced meal the Type A lunch program has been met with new interest.

- COUNTY MEETINGS -

Barnstable	October 11
Bristol	November 6
Hampden	October 4
Middlesex	November 6
Norfolk	November 8
Plymouth	November 8
Worcester	November 1



NATIONAL SCHOOL LUNCH WEEK

October 13th - 19th

Last year's dancing bear is being replaced by a performing elephant with a mouse for his companion as the American School Food Service Association's Publicity man for National School Lunch Week. The balancing entertainer is once again proclaiming "You Are What You Eat" as the week's theme.

Pencils, complete with elephant on top, are newly available along with the popular posters, balloons, folders, calendars, puzzles, and pads to help convey the Association's nutrition message All these items (and more!) can be obtained from the School Lunch Week Department, American School Food Service Association, 4101 East Illiff, Denver, Colorado, 80222. (For Prices and Order Forms for these promotional items please refer to the April School Lunch Journal).

Public Relations materials should be circulated to foster and promote community involvement. The importance of the National School Lunch Program and the great need for good nutrition should be emphasized through press releases sent to local newspapers and radio and television stations.

Local support can only be achieved through knowledge of the program and increased exposure to it. The cafeteria is the logical place to start. Invite local officials, school committee members, and parents to a Type A lunch. Have them and the students tour the food service facilities. Show them the start to finish process of preparing a lunch, let them see what goes into such a meal, financially as well as nutritionally.

There are numerous possibilities for you to use to capture the interest of not only the children but the whole community. We would be interested in hearing what you have planned.

The Universal Menu to be served on October 16, 1974 to 27 million children across the nation is:

CIRCUS SUBMARINE SANDWICH
FLYING FRENCH FRIES
BARNUM AND BAILEY GREEN BEANS
BIG TOP FRUIT CUP
GREATEST CHIPS ON EARTH
MIDWAY MILK

MILWAUKEE'S ELDERLY GO BACK TO SCHOOL

In Milwaukee, the elderly feeding program and the school lunch program have more in common than providing meals that meet a certain percentage of the daily requirements of its participants. Here both programs share the same facilities and the same time periods. More than 3,000 senior citizens each day go back to school to eat lunch. By this method the new feeding program is underway at a minimal cost. No separate food service centers have to be set up and the schools are being utilized by more than just a fraction of the community. The schools are becoming true community centers without infringing upon the schools' main educational duties.

Since 75,000 to 80,000 meals per day are prepared for the city's school children, and since all the necessary facilities, equipment, and staff required for a large-scale lunch program are already in full swing, the School Food Service was the natural place to go to absorb the production of the 3,000 or so extra meals. The present Senior Lunch Program was brought about by a resolution passed by the school board and the hot lunches at prices of 50¢ for a meal and 10¢ extra for milk or coffee - were being served on March 1. The nominal fee paid by the senior citizens easily covers the increased cost. The whole program is a self-sustaining entity with no dependence on government subsidies.

140 of the city's 160 schools partake in the program thus alleviating the overburdening of any one school and also making the sites of meal distribution more available to the participants. The Milwaukee School District officials contend that such a system provides greater service than many Federal programs.

School District officials are strongly against the notion that meals for the elderly is another Welfare program. They maintain that those citizens over 60 patronizing the program are paying their own way. Their taxes built these schools and they have always been the strongest supporters of the city's education goals.

Financially and statistically, the program in Milwaukee is a success, but a better and more important barometer of success is the reactions of the people utilizing it and those connected with them. Some participants admitted that before the program they never ate lunch at home. One woman who hadn't talked to anyone for two months before the program started now anxiously awaits her daily luncheon visit with her new friends. Another couple confined to wheelchairs can now wheel themselves to the school across the street for their midday meal. One principal was so enthusiastic over the program that he has organized a social hour for the seniors each Friday after lunch. To the children there is no such thing as a generation gap. The two generations mix and mingle with great ease and with great enjoyment. The school district officials are also quite pleased. A spokesman for the district said the senior citizens are a delightful addition to the lunch program. "Everything seems to please them. Almost all the preconceptions most people held are wrong. You don't have to bend yourself out of shape; if you

continued on Page 10

STAFF OF LIFE

FOOD AND MAN

Alas, we barely managed through last winter's energy crisis, and we are still suffering through intermittent food crises. With such a vivid frame of reference, it is difficult to fathom how our forebears (homo-sapiens) survived the ICE AGE. And, they did - almost two million years ago, without the help of fire or even crude utensils. But have we struggled through these thousands of years just to end up again with insufficient food to feed the world?

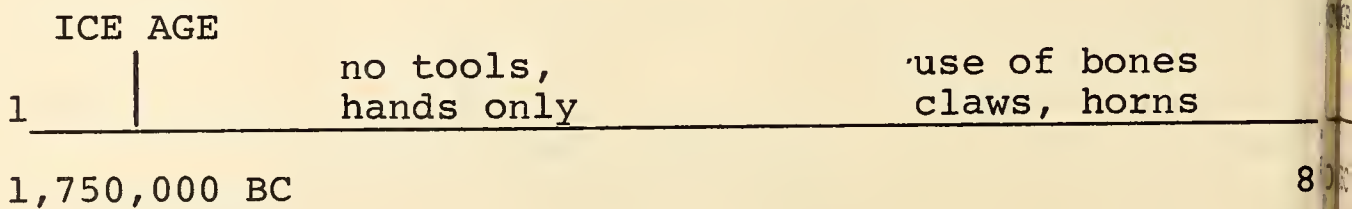
Maybe we can change this perspective to remove such gloom and doom. Perhaps we can teach our students (and ourselves) to make better use of the food supply. Two classroom/cafeteria activity kits have been developed by our Bureau to help students understand man's relationship to the land. Both pieces integrate nutrition with current social science topics. Food and Man provides an elementary approach to this theme. Protein Power takes into account many of the complexities students realize at the secondary level.

To arouse a bit of interest in our future perspective, though, we should start at the beginning. The time line below may help sharpen the focus.

Imagine being alive during the age of glaciers! Although we were still living in trees and caves, we had begun to distinguish ourselves from other nomadic animals. Even then we learned by observing animals ---which foods were safe to eat and how to store them. Our hands were used to pick, dig, and/or capture food. Imagine trying to serve a successful Type A lunch with sea urchins or lizard eggs, insects, nuts, roots, and seeds. And, instead of having an ample store room, we might be imitating dogs burying their bones and squirrels stashing nuts.

But it wasn't long (one million years later) when we finally realized that claws, bones and horns could be used as spoons and cups. Think of the problems we would have with these utensils in our kitchens and cafeterias today!

We discovered, too, that working together made things easier and yielded more food. As we now know, socialization proved to be quite enjoyable. This feeling comfortably



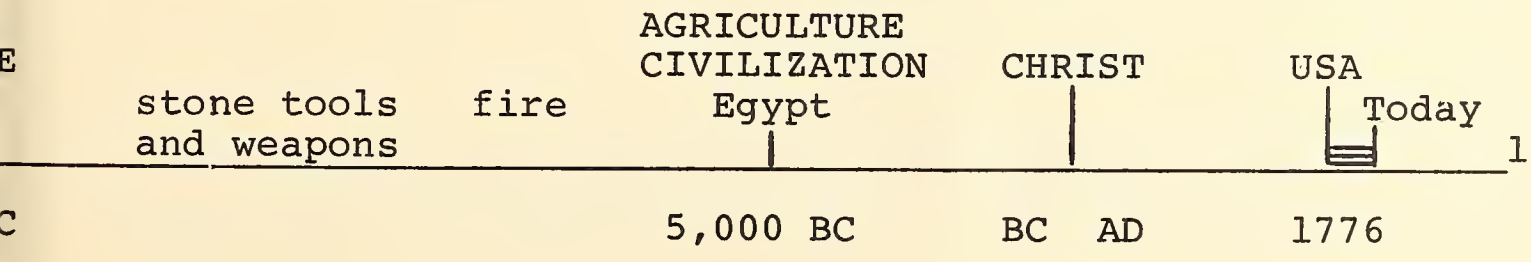
replaced the constant fear of encountering a stranger. In groups, we could construct larger nets and traps from rushes and fibers to help in fishing and hunting. The men took charge of the hunting expeditions, while the women stayed close to "home" gathering grains and fruits.

Eventually, we found that chipped pieces of stone were ideal to use as tools and weapons. These materials constituted meat processing in the STONE AGE. They enabled us to hunt larger animals such as bears, reindeer, and mammoths. But their size created a problem. We had become accustomed to eating freshly killed prey and enjoyed the warm temperature of the meat. With leftovers from the carcass we had to adjust our tastes for a cooler, drier dish. Fortunately, however, the discovery of fire was not long in coming. This spontaneous source of heat helped to warm extra meat to its preferred temperature. Later, we found that meat tasted even better when it was roasted or smoked for a while. Heat also toasted grains and softened hard-to-digest vegetables. (How many of us still prefer our steak extra rare or well-cooked vegetables?)

Sixty thousand years later, as momads, we reached the fertile grass lands of the Nile. With a little trial and error experimentation, we discovered that the seeds of grain could be sown to produce a regular harvest. The seasonal overflow of the Nile provided an easy method of irrigation and fertilization. So wheat, millet, rye, barley, and oats were soon cultivated. With a good grain supply, we finally settled and began to breed and herd animals. Goats, sheep, pigs, and oxen were used for food and labor. This was agriculture --the beginning of civilization.

According to the historian Will Durant, "In the last analysis civilization is based upon food supply." And, we have come a long way from the STONE AGE, in developing our civilizations and increasing the food supply. Today we can use a microwave oven to prepare a meal in a minute instead of a day. We have a much greater variety of food available to us daily instead of seasonally. The technology of the past 200 years has given us the capability of feeding the world. But, have we encountered too many obstacles to reach this goal?

Food and Man and Protein Power can provide the foundation upon which to build a better appreciation for the people and land around us. With this understanding, we may be better able to remove some of the obstacles, to utilize our food sources more efficiently, and to insure adequate health for more people.



**Contact us today for copies of these activity kits. Food and Man K-6. Protein Power 7-12.

COMMODITIES EXPECTED TO BE AVAILABLE IN OCTOBER

Butter
Frozen Ground Beef
Canned Boned Chicken
Frozen Turkey
Orange Juice Concentrate
Rice
*Corn Syrup
*Egg Mix
Pea Beans, Gt. Northern
Peanut Butter
Spaghetti, Thin Hy Pro
Macaroni, Elbow Hy Pro
Mayonnaise
*Luncheon Meat
Cheese processed or Bulk

*Carry overs from Needy Family Program

Shipping and Purchasing difficulties may make some variation in the above list.

COMMODITY OUTLOOK

The U.S.D.A. have advised that anticipated purchases include large quantities of beef, turkey and chicken. Also advised there will not be any purchases of flour, corn meal, rice, rolled oats, shortening, or oil. It is quite possible that there will be more needy family items available in October than shown in the above list.

FREEZER SPACE

Based on information that we are receiving from U.S.D.A. regarding purchase of commodities that will require freezer storage, it might be well to give some thought as to where additional freezer space might be obtained if insufficient space is available at school. The commercial warehouses that we allocate the freezer items from in most instances will store in their freezer any part of the amount allocated. If you request storage by them so you can draw portions of your allocation, then they will transfer title to the name of your school and you will be liable for the storage charges from the time of transfer.

BREAD CONTRACTS

Inasmuch as flour will not be available, the bread companies will be unable to offer you the bread and rolls at a reduced price as they did last year. Some companies had a limited amount of flour left over which will permit them giving the reduced price for a short time.

MAYONNAISE

Oil will not be available so that our last shipments of mayonnaise will carry us into October.

MACARONI AND SPAGHETTI

Because of a reserve of flour these commodities will be available for many months.

* * * * * * * * * * * * * *

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum:

MEAT AND MEAT ALTERNATE - 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/2 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 tablespoon of butter or fortified margarine. This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

BRAISED HAMBURG

100 Portions

Ingredients	Amount
Ground Beef (and/or) Pork	20 pounds
Onion, Minced	2 pounds
Celery, Diced	2 pounds
Salt and Pepper	to taste
Brown Sauce	2 gallons

Directions

Braise or bake hamburg with celery and onion which has been seasoned with salt and pepper. When done, drain off excess fat. Fold in brown sauce.

SYRIAN SUB SANDWICH (Kangaroos)

100 Portions

Ingredients		Amount
Syrian Bread, cut in half		50 loaves
Braised hamburg		1 recipe (minus 1 gal. brown sauce)
Lettuce, Shredded	mix	20 pounds
Tomatoes, Diced	together	55 pounds

Directions

In each half place a little hamburg mixture and a half cup salad. Serve immediately.

Anthony E. Mangifesti, Director, School Food Services
Greater Lowell Vocational Technical High School

* * * * * * * * * * * *

ELDERLY CONT'D FROM PG 5

are doing a good job for the kids, its perfectly acceptable to seniors too." The dietitian in charge of the program says that the meals, by meeting half of the daily nutritional requirements for the senior citizens, serve as preventive medicine against the threat of malnutrition.

Milwaukee, having the largest percentage of elderly in the state of Wisconsin, was in obvious need of such a Senior Lunch Program, but so is practically every other city and town across the country. In this one city, however, they not only saw the need but more importantly they found the means to better serve their city's once forgotten elderly.

Amherst cont'd from page 2

food products used in schools. Gus DiSano, Adele Lunn, and Dorothy Reed described their own particular school feeding operations and obstacles they had to overcome to achieve the excellent programs they have today.

"Mini Course" subjects included new foods and the Type "A" Meal, use of the computer in food service presented by representatives from the Marriott Hotel in Newton, and an explanation of the metric system given by Ed Stadolnick, Division of Standards, Executive Office of Consumer Affairs.

Charles Eshbach, a friend to all of us, again taught a credit course for those enrolled in the Associate Degree Program sponsored by the University of Massachusetts and this Bureau.

MAILING LIST

During the summer our mailing lists were revised and hopefully brought up-to-date. However, because of the numbers involved and, of course the ever present element of human error some schools may have been left out or may be listed incorrectly. If you know of any such instances please contact this Office so it can be rectified.

MSFSA Notes

"Looking Back, Seeing Ahead" will be the theme of the 23rd Annual Convention of the MSFSA to be held at Dunfey's Hyannis Resort, October 3 - 5, 1974.

The convention will be keynoted by an address based on this theme by Jane Young Wallace, Editor of Institutions - Volume Feeding Magazine.

According to Mrs. Mary Nagle, President; Mr. Thomas P. O'Hearn, General Convention Chairman; and Mrs. Joan Martin, Program Chairman, the program will highlight many professional sessions dealing with all phases of school food service. One panel will attempt to anticipate food market conditions and will feature as a panelist Mr. Arthur Wolcott, President of Seneca Foods, who along with other panelists will pass their crystal ball observations along to members. The Washington outlook for school food services will be presented by Mr. Kenneth Scholssburg, Executive Secretary for the U.S. Senate Select Committee on Nutrition and Human Needs. Mrs. Helen Walker, President of ASFSA plans to present a "Program of Work" for all members and to outline the Association's format to move forward with plans to persuade the Congress to enact a Universal Nutrition and School Food Service bill providing for the service of meals to all children. Also representing the Association will be Mr. Sam Vanneman, Legislative Consultant for the ASFSA who will be available to clarify any misunderstanding members may have regarding the effect of recent legislation on their particular program.

These are most difficult times. No individual can go it alone. For this reason you have an obligation to reserve these three days in October. You not only owe attendance to yourself, but as well to the children you are serving.

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS
Department of Education
OFFICE OF SCHOOL LUNCH PROGRAMS
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OCTOBER 1974

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

A MONTHLY REPORT
IDEAS •••••••••••••••• DEVELOPMENTS ••••••••••••••TRENDS

THE MANAGEMENT PROCESS

WORK SCHEDULING

With the first month of the school year over, your planning has been put into effect. Are your goals being met? Do your meals per man hour follow those projected in your plans or those recommended by this Office? Whether you are over or under these goals, now is the time for checks and controls. Take a good look at the program in operation and put it and your plans into perspective.

80% to 85% of a food service worker's time should be spent producing. Most averages fall way below this because of poor work planning, lack of training, and poor work methods. The utilization of a work schedule can help you increase your productivity to this desired level. Before beginning take time to evaluate your average work day. Note such things as:

- Hours personnel report for duty
- Hours they work each day
- Duties they perform
- Time required for specific duties
- Operations that take the most time
- Overlapping of tasks
- Proper use of skills
- Too many unrelated duties
- Work distribution
- Lay out of equipment
- Easy access of equipment

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Having examined these, you have pinpointed your problem areas and can now plan with the objective in mind of alleviating them. Your schedule will clarify the what, who, and when of production. You will have already determined what tasks have to be accomplished, who will carry each task out, when each task will be done, and with what equipment, thereby insuring that each phase of the day's work gets done efficiently in terms

CONT'D ON PAGE 2

Cont'd from Pg 1

of time required and effort expended. Work will be distributed fairly and according to the employee's skill with all related tasks assigned to the same person whenever possible. By such planning duplication of work, idle time, time wasted waiting for instructions and equipment, and confusion of individual duties will be eliminated.

Included in the creation of a work schedule is good organization. As menus vary day to day so do the allotments of time and work included. Upon reading the day's schedule the worker will prepare his materials and equipment for his particular duty. Such things as ovens and other units should be turned on a reasonable amount of time beforehand so they are at the proper temperature when ready for use. Work should progress in a logical progre ssion so that all items are ready at serving time. Soups and main dishes which require longer cooking time should be started first, whereas fruits and vegetables which need little or no preparation, can be scheduled closer to lunch periods. Make a note to schedule foods that tend to lost their texture, shape, and full nutritive value during holding periods as close to serving time as possible. Foods for the next day that can be pre-prepared should be worked into the day's workload. Components of salads and sandwiches should be pre-sliced so that all ingredients are in workable sizes thus insuring a smooth and even flow in the assembly of the finished product. Don't forget that your equipment, too, must be efficiently scheduled to avoid preparation conflicts. Take into account how much time your menu choices need in the various appliances.

On page 6 is a sample work schedule from Oakmont Regional High School in Ashburnham. Mrs. Theresa Kramer, Director of Food Services at Oakmont says that they have been utilizing this schedule for many years and have found it to be an invaluable tool in achieving an effective and efficient operation. The purpose of the schedule is to show each employee exactly what to do and when to do it. Avoid over-scheduling as it may have the worker feeling too much pressure or strain thus lowering your productivity. Specific duties of a worker are listed under their titles with the times each task will take from start to finish. Such a schedule is a real time-saver not only for a substitute with little or no experience but also for the employee involved with on- the-job training. A quick scan of the schedule should show what work is in progress at any given time. Remember that your aim is to get the work done efficiently and in an organized manner, so allow sufficient time for the task to be completed.

BICENTENNIAL NOTES

"Yankee Doodle" was written in 1755 by Dr. Richard Shuckburgh at Albany, New York, as a putdown of straggly federals. Later the song was played at the surrender of Cornwallis at Yorktown.

Annual Stonehill Conference

George Cole

This year marked the eleventh Annual Food Service Conference for cooks and bakers at Stonehill College.

Dorothy Callahan, Project Director, Nutrition Education, opened the conference with a keynote address "Food and Survival." Emphasis was on what we as School Food Service personnel and as Americans can do to assure the right of all people in the world to have an adequate supply of food.

Tony Mangifesti

First year conferees attended morning classes in Type A Meal Pattern, record keeping, sanitation and safety, and good work habits. Second year students' morning classes included new and interesting ways of merchandizing the menu, basic nutrition, and the care and maintenance of small equipment. Learning how to convert to the metric system, implementing nutrition education into the cafeteria, and the latest in expansion news kept the third year students busy.

Demonstrators at this years' conference provided innovative ways of using VCM, basic baking techniques, and improvements in cooking skills. Dorothy Warren, Manager, Shrewsbury High School, skillfully showed how the VCM can save preparation time for many foods served in school lunch programs. George Cole, Coordinator of Food Programs, Quincy Public Schools, did wonders with cookies, pie crusts, and bread items. Anthony Mangifesti, Food Service Coordinator, Greater Lowell Vocational Technical High School, provided expert instruction on the preparation and cooking of main entrees. Their hard working assistants were Lucy Demasi and Dorothy Corsetti from Woburn School Food Service Program and Leon West from Cambridge Head Start without whose help the demonstration could not have run so smoothly.

Mr. Robert Hardina, Director of Summer Institute, and his staff assisted in handling room assignments and evening

Participants

Kathy Kane
Co-ordinator

CONT'D ON PAGE 9

COMMODITIES EXPECTED TO BE AVAILABLE IN NOVEMBER

Butter	Canned Boned Poultry
Frozen Ground Beef	Peanut Butter
Frozen Chicken or Turkey	Canned Fruit or Vegetables
Orange Juice Concentrate	Macaroni, Elbow, Hy Pro
Rice	Spaghetti, Thin Hy Pro
Egg Mix	Cheese, Processed
Luncheon Meat	Dried Milk

Shipping and Purchasing difficulties may make some variation in the above list.

UNITED WE STAND! DIVIDED WE FALL!

You are to be commended for the flow of letters that were received by our Senators and Congressmen to make them aware that our Federal Food Programs involving Food Commodity Support were in jeopardy. The school Lunch and Child Nutrition Programs have been mandatorily extended for the next year thanks to your effords.

Public Law 93-326, 93rd Congress, H.R. 14354, dated June 30, 1974, amends the National School Lunch Act and authorizes the use of certain funds to purchase agricultural commodities for distribution to schools, and for other purposes.

MAYONNAISE

Plans were to have this commodity available for September but the processor was unable to obtain the plastic jugs. Positively available for October. This will end the contract as oil is not being purchased.

FOODS FROM NEEDY FAMILIES

You are being allocated many odds and ends of foods left over from the Needy Family Program. Please use these foods as soon as possible. If you have ordered an item you can't use, please advise this Office of the commodity and amount you have and we will arrange a transfer.

COMMODITY PURCHASES

This Office has placed orders with the U.S. Department of Agriculture for the following freight cars of commodities:

28 cars of Frozen Chicken
45 cars of Frozen Beef
28 cars of Frozen Turkey
10 cars of Processed Cheese
4 cars of Canned Peaches
15 cars of Dried Milk

In addition to the above purchases, you will find a number of other foods that were left over from the Needy Family Program that will be available.

NOT AVAILABLE

We have been advised that the USDA does not contemplate purchasing the following commodities this school year: salad oil, shortening, bread or all purpose flour.

This office doesn't discourage easily. We are hopeful that the grain crop will exceed expectations and grain exports will be reduced so that flour might be available after the first of the year.

COMMODITY FOODS - EARLY MENUS

The Commodity Section would be most grateful if the commodities that appear on the monthly Commodity Ordering Form were not included in your first two week's menus. When you include them in your early menus and the delivery is delayed, there are calls to our Office that require our looking up the order, determining when it went to the warehouse, and if the trucking company had been called. All this takes considerable time especially when we get numerous calls, resulting in delaying the processing of other school orders. In most instances, you will be purchasing foods for your meals that will be served the latter part of the month so we would like to suggest you serve the meals from the foods you purchase the first part of the month and use the commodity foods the latter part of the month. This will result in faster service to all schools.

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!!ATTENTION!!

Inquiries have already been made of this Office as to the use of food stamps for purchasing a school lunch. Food stamps can not be used for this purpose. However, those parents who have made such inquiries should be reminded to take advantage of the free and reduced price policy that is available to them.

SAMPLE

WORK SCHEDULE

OAKMONT REGIONAL

HIGH SCHOOL

Schedule Made For
Oakmont Regional High School

Enrollment	825	
ADA	763	
Type A	714	93%
SM		16%
Adult Meals		39
Man Hours		13.4

Equipment Modern
Layout Good
Three Serving Periods
51 Man Hours
5 Student Man Hours
56 Total Man Hours

Faculty Dining Room
No Faculty Serving Line

TIME	MANAGER	COOK	BAKER	HELPER #1	HELPER #2	HELPER #3	HELPER #4	HELPER #5	HELPER #6
7:30	Unlock Doors Review Menus Issue supplies Delegate work Train new personnel	Start kettle & steamer. Check menus. Assemble supplies.	Light oven & proofer. Check menus. Assemble supplies.	Check menus Assemble supplies.	Put on water for coffee. Check menus.	Check menus.			
8:00	Check deliveries. Coffee. Work with cook or baker. Write menus, interview salesmen	Responsible for meat, gravies, sauces, soups casseroles, pizza	Responsible for all baked breads, rolls, pies and pizza crusts.	Responsible for all desserts, cakes, puddings, jellos, cookies & squares.	Prepare potatoes, prepare cart for faculty dining room, silverware, napkins, sugar creamers, cups & saucers, soiled dish tray & coffee	Prepare potatoes. Responsible for vegetables, salad and slaw preparation. Grate cheese.			
9:00		Coffee	Coffee	Coffee	Coffee	Coffee			
9:10		Food preparation	Baker & dessert cook work to-	Dessert Cook &	Chip butter. Butter bread	Chip butter. Slice bread.			

		tion	cook work to-	Cook & depending on menu.	Butter bread	Slice bread.			
10:00				Portion desserts.	Fill dish machine.	Portion juice.	Pots and pans.	Pots and pans.	Bookkeeping Get mail fr office. Prep cash boxes.
10:30		Pre-prepara-	Pre-prepara-	Pre-prep-	Work where	Work where		Set up serv-	
11:00		tion.	tion.	aration.	needed.	needed.		ing area, silver,	
11:30	Coordinate serving.	Check serving area.	Check serving area.	Check serving area.				trays, straws napkins, serving utensils, mitts.	
11:35	Serve Sell extras	Serve Refill	Serve Refill	Serve Refill	Serve Dishroom	Serve Dishroom	Serve Pots & pans	Serve Pots and pans	Cashier Sell extras
12:05	Serve Sell extras	Serve Refill	Serve Refill	Serve Refill			Serve Pots & pans	Serve Pots & pans	Cashier Sell extras
12:30	Serve Sell extras	Serve Put away food	Serve Plate Count Put away food	Put des- serts away			Serve Pots & pans	Serve Pots & pans	Cashier count money, make deposit slip, record meal count.
12:50	Take plate count.	Clean dining room	Clean dining room	Clean dining room	Dishroom	Clean dining room	Clean dining room	Clean dining room	
1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30		Clean serving areas, cook's tables, range, kettle and steamers	Clean baker's tables, scales, mixer, proofer, ovens, dough divider, racks.	Clean serving area, small mixer, can openers, sweep floor	Clean dish machine, finish dishes, polish refri- gerator, & stoves. Sweep floor	Clean dish room, put away silver & trays sweep floor	Finish pots and pans, soak towels, clean sinks, sweep floor	Pots & pans clean sinks, soak towels, sweep floor	Go to bank
2:00	Lock up. End of Day	End of Day	End of Day	End of Day	End of Day	End of Day	End of Day	End of Day	End of Day

Compartment Trays
All bread and rolls are school baked. Commodities fully utilized. Very few convenience foods used.

* Each person responsible for all related duties in a school lunch kitchen.
Everyone is responsible for putting new orders away.
Tongs and mitts must be used while serving. Use paper towels not dish towels for hands.
Hairnets are required. Clean uniforms and comfortable shoes must be worn.
No jewelry except wedding band is allowed to be worn.
High standards of sanitation must be maintained.

OCTOBER 1974

STAFF OF LIFE

BIG DAY AT THE BIG TOP

On Wednesday, October 16th the school lunch circus will come to each town. The main attraction of this glamorous event is the "mystifying, gratifying" universal menu featuring:

CIRCUS SUBMARINE SANDWICH
FLYING FRENCH FRIES
BARNUM AND BAILEY GREEN BEANS
BIG TOP FRUIT CUP
GREATEST CHIPS ON EARTH
MIDWAY MILK

This mouthwatering, appetite-pleaser should capture our patron's attention for at least one 20-minute lunch period. But to keep the crowds coming along the Midway, create a few exciting side shows. Cooperate with literature, social science, and art classes to develop the sights and sounds of these good times.

Literature classes could highlight the biographies of P. T. Barnum, Clyde Beatty, Emmett Kelley, and other circus personalities. Elementary students may describe their most vivid impressions of visiting a circus.

Social science classes may research the evolution of the circus through different periods of history. Models of ancient Roman, Medieval and Early American shows could be displayed throughout the school.

Art classes could also contribute to the mood of the "Big Top." Students may design contemporary or nostalgic posters to advertise the greatest nutritional bargain for the school and community. Younger children might construct papier mache or cardboard creatures for the animal attractions. Puppet clowns or labeled balloons could help point out the major nutrients in the universal menu.

Set up the a la carte serving line as a "nutrition shooting gallery." A complete Type A gets a price reduction. Have a volunteer clown visit the elementary schools to help stir up excitement for this day.

This is an excellent opportunity to publicize the value of school food service programs. By placing National School Lunch Week on parade, we may generate more interest and action for the nutritional well-being of our children. This accomplishment will be the greatest show on earth.

FREE MILK

This year those children eligible for Free Meals will have available to them an additional 1/2 pint of milk over and above that served with the Type A lunch. If the lunch is not taken that child still can receive the one container of milk free. Private schools which are in the Special Milk Program and do not offer a lunch service must make available the two 1/2 pints of milk sometime during the day. The times are up to the individual schools. Reimbursement for the milk will be on the average cost of milk purchased from suppliers; rounded off to the lowest quarter of a cent. Purchased milk will be reimbursed at 5¢ per 1/2 pint. Within school distribution cost may not exceed .015¢.

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BUYER BEWARE

Contrary to various literature being circulated by companies concerning ravioli, no product has yet been approved for meeting the Type A pattern. An additional serving of allowable protein must still be included in the meals. When such products are approved, notification will be supplied by the State Office and not by the companies.

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Operating at the first level of trade, where milk leaves the farm and enters the marketing system, 61 federal milk marketing orders lay the foundation for building more stable marketing conditions between dairy farmers and milk dealers. To those living in federal milk order areas -- and that's about 145 million Americans -- this means a regular supply of fresh, wholesome, high-quality milk to meet their day-to-day needs. Want to know how they work? Write for "Questions and Answers on Federal Milk Marketing Orders", AMS-559, from Information Division, AMS, U.S. Department of Agriculture, Washington, D.C. 20250.

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activities. On Sunday night there was a discussion of the National Bicentennial and what it should mean to us. Monday evening's slide presentation depicted the Pilgrims' first year at Plymouth. Discussion of foods during the first Thanksgiving and recipes used by the Pilgrims provided a wealth of knowledge for all in attendance that night. A play by the Grease Paint Players, a pizza party, and a sing-a-long at Brother Mike's rounded out the entertainment for the week.

SAMPLE MENU FROM OAKMONT REGIONAL HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Char-broil patty w/brown gravy Whipped potatoes Buttered squash Hot sesame rolls/butter Spice cake/ orange frosting	American chop suey Buttered green beans P'nut butter stuffed celery Whole wheat bread butter Peach fruited jello/topping	Orange juice Ham salad sandwich Buttered whole kernel corn Chilled fruit cup Chipmunk bar	Breaded veal cutlet/gravy Buttered rice Garden salad w/dressing Home baked apricot bread w/ butter P'nut butter cookie	Tuna salad on crisp lettuce Sliced tomatoes &bean salad Whole wheat bread/butter Apple square w/topping
NO SCHOOL COLUMBUS DAY	Orange juice Homemade Beef stew Cornbread/butter Tollhouse bar	Baked lasagna Garden salad w/dressing Buttered wax beans Italian bread w/butter Chocolate cake w/frosting	Glazed baked ham Whipped potatoes Buttered spinach Apricot muffin w/butter	Cup of tomato soup Grilled cheese sandwich Celery&green peppers sticks Assorted fruit Oatmeal cookies
Scrambled ham-burg/gravy Buttered rice Buttered sweet peas Cornbread/butter Chewy P'nut butter bar	Breaded pork patty/gravy Whipped potatoes Buttered diced carrots/peas French bread w/butter Gingerbread &topping	Chilled juice Baked school pizza/tomato sauce/cheese Green salad w/dressing P'nut butter square	Vegetable soup Frankfurt in roll/mustard & relish Chilled Pear halves	Deep sea doodle w/tartar sauce Whipped potatoes Stewed tomatoes Buttered raisin bread Jello/topping
NO SCHOOL VETERANS DAY	Orange juice Cheeseburger w/ketchup Crisp French Fries Hungarian cake	Spaghetti w/meat sauce Garden salad w/dressing Italian bread w/butter Apple crisp w/topping	Beef cubes/gravy Mashed potatoes Orange glazed beets Cornbread/butter Sliced peaches	Macaroni & tuna salad Cole slaw Fruited muffin w/butter Fudge square

MILK SERVED WITH EVERY MEAL

BASIC ROLL DOUGH

Ingredients	Amount
Water, lukewarm	6 quarts
Dry yeast	6 ounces
Dry milk powder	1 pound 8 ounces
Sugar	1 pound 8 ounces
Salt	4 ounces
Bread flour	20 pounds
Lard	1 pound

Directions

1) Dissolve yeast completely in water with hand whip. Water must be lukewarm (not over 90°).
2) Suspend milk over water and dissolve completely with hand whip.
3) Mix sugar and salt together and add to above. Mix well.
4) Use dough hook attachment on machine, first speed. Add lard immediately after flour. Time approximately 10-12 minutes.

Notes

1) Never allow salt to touch yeast.
2) Any shortening can be used for the dough but lard is the best choice when available.
3) Scale dough into 4 pound pieces for frankfurter or hamburger rolls. Each piece will make 36 rolls. This batch will make 27 dozen rolls (324).

ITALIAN COOKIES

Yield: 35 cookies to a pan

Ingredients	Amount
Sugar	6 pounds
Butter	6 pounds
Baking soda	1 ounce
Salt	3 ounces
Whole eggs	3 pounds
Vanilla	2 ounces
Almond flavor	2 ounces
All purpose flour	12 pounds
Peanut granules	1 pound

Directions

1) Cream the sugar, butter, baking soda, and salt well.
2) Add eggs, vanilla, and almond flavor slowly to the above. Scrape down.
3) Blend the flour and peanut granules into the other ingredients. DO NOT OVERMIX.
4) Can be scaled 8-10 ounces/dozen.
5) Bake at 350°F. for 8 to 10 minutes for a regular oven. Reduce heat for convection oven. Keep tender for good shelf life.

MSFSA Notes

Have you joined the MSFSA and the ASFSA? If a member, have you kept your membership up-to-date?

It is important, that you as school food service personnel seek ways to improve your program. Belonging to your professional organization provides the opportunity for expanding ideas through interaction, for widening your outlook, for exchanging new ideas, for broadening your means of communication, for improving your abilities, for acquiring new tools, and most importantly for better understanding the challenge your program must meet in fulfilling your duty of providing a nutritious lunch for each and every child in the nation.

For membership information you can contact:

Mrs. Lila Burke - Membership Chairman
Holliston High School
(617) 429-4099 or

Mrs. Mary Nagle - President
Norwood Jr. High North
(617) 769=0242

Remember that County Meetings will be coming up in October and November. Be sure to attend!

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS
Department of Education
Bureau of Nutrition Education
and School Food Services
182 Tremont Street, Boston, Massachusetts 02111

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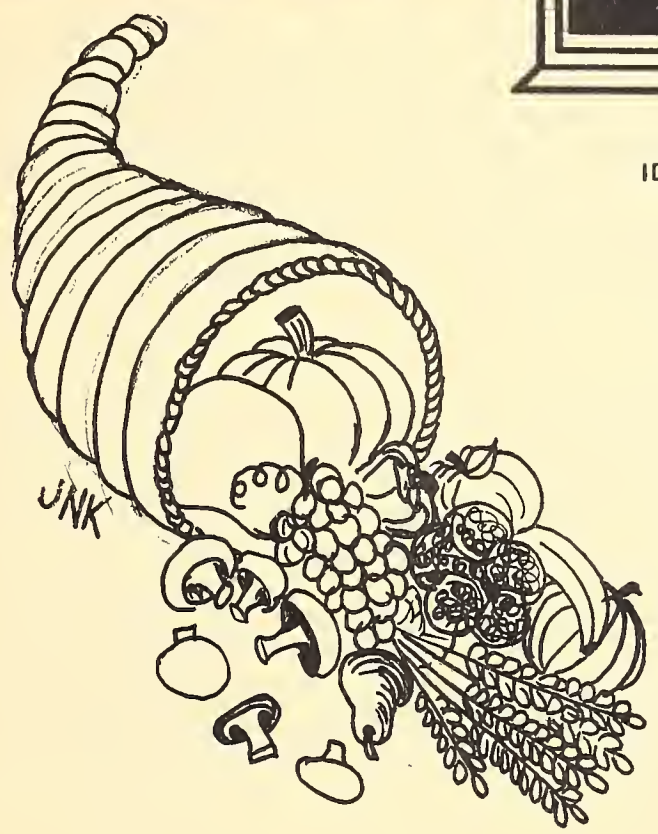
NOVEMBER 1974

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

A MONTHLY REPORT
IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS



THE MANAGEMENT PROCESS

"THOUGHTS ON PURCHASING"

It is often said that behind every successful man there is a woman. It can definitely be said that behind every successful food operation, from fast food to school lunch, there is a wise purchaser, whether it be a man or woman. Purchasing is high on the list of those factors which have a direct influence on the success or failure of a food service operation. Most school lunch programs spend from 50% to 65% of every dollar on food. With constantly rising food prices becoming a way of life, good purchasing practices are, more than ever, the very heart of effective program cost control. Intelligent purchasing includes many critical factors. Anyone can pick up a phone and order goods, purveyors are ready at any time to take an order. But, this is not good purchasing in and of itself. Placing the order is only a small part of a concerted, purposeful, time consuming, professional effort involving all of the factors that must be explored before making the decision to buy. Perhaps no other factor has a greater effect on purchasing decisions than the menu. And unlike some food service operators, school lunch purchasers must concern themselves with the nutritional properties of foods. Claims with regard to nutrient content must be substantiated.

The "Food Buying Guide for Type A School Lunches," and "A Menu Planning Guide for Type A School Lunches" are both excellent aids in planning and purchasing the right foods in the correct quantity and quality for nutritious meals.

Two other factors which are important considerations in purchasing efforts are present inventory and market conditions. A constant awareness of goods in stock is essential to effective purchasing. Merchandise on the storeroom shelf is money. Unlike money in the bank it does not appreciate, it is not earning interest or making money. On the contrary, it is costing money because it may be depreciating in value as a result of deterioration, or even worse - pilferage.

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Cont'd from Page 1

Study the market before planning menus and subsequently purchasing food. The market changes daily and the availability of a particular item greatly affects its price. Avoid paying high prices by substituting less expensive foods whenever possible.

A product's intended use affects purchasing decisions. It is a waste of money to buy whole, fancy grade tomatoes if they are going to be used in sauce. Standard grade tomatoes would be every bit as nutritious and would save money. Fruits packed in heavy syrup are an unnecessary expense, especially with sugar being priced so high. Fruits packed in less sugar are just as nutritious. Specify the size, style, grade, or brand which is appropriate for the purpose.

Be effective in communicating food needs to the purveyor. One of the best ways to accomplish this is through the use of written specifications. Of course specifications will vary, but most product specifications should include: name of product; federal grade, brand, or trade designation; size of container and number of units per case on which prices will be submitted; type, style, and variety; packaging; concentration or specific gravity; count or portion size and drained weight. If a formal bidding procedure is not utilized, obtain a minimum of three quotes before purchasing. The purveyors should have a written copy of the specifications so they will all be quoting prices on comparable items.

Never make a volume purchase of a new item without pre-testing it. Sales representatives are always happy to supply samples. The sample should match in every way the product to be eventually purchased. Check drained weight, appearance, flavor and texture. Prepare the product as it is to be served. Watch student acceptability. A new product should meet the established specifications before it is purchased in sufficient quantities to serve on a regular basis.

When selecting a purveyor or vendor be guided by quality, price, and service. Purchase the highest quality food, at the lowest possible price.

All in all, a successful school lunch operator must be a wise buyer. To be a wise buyer he or she must be alert and do the necessary homework in the areas of menu planning, inventory awareness, market conditions, specifications, product testing, and purveyor selection.

PEANUT GRANULES

As you know peanut butter can be used in meeting the protein requirement of the Type A Lunch. Peanut granules, on the other hand, are not mentioned in the regulations, therefore, can not be counted toward meeting the pattern. However, any type peanut butter does qualify so, to make the most of your commodities, try adding the granules and making "crunchy" peanut butter.

NEW SUPERVISORS

Acton-Boxboro	Mr. Fred Beauchene	
Amherst	Margherita Burnett	
Andover	Mr. Richard Barron	
Burlington	John Puzine	
Clarksburg	Mr. Harvey Roy	
Eastham	Mrs. Bertha Meads	
Haverhill	Mr. Scott Berry	
Lee	Mrs. Janet Trinkus	
Lenox	Mr. Thomas Ryan	
Lexington	Peter Crafts	Minuteman Voc. School
Leyden	Mrs. Ruth Tuller	
Lowell	Anthony Mangifesti	Gr. Lowell Regional
Ludlow	Mrs. Noella Noel	
North Reading	Mr. Larry Stevens	
Norwood	Mary Martin	Henry O. Peabody School
Orange	Mrs. June Hawkes	Ralph E. Maher Reg. High
Oxford	June Parmenter	
Petersham	Glorian Smith	
Rehoboth	Shirley Bateson	
Rockport	Mrs. Linda Smith	
Sandwich	Jean Richards	
Segregansett	Mr. Roger Beaudoin	
South Hadley	Caesar Fernandez	
Southampton	Doris Bibeau	
Wellfleet	Adelaide Smith	
Westwood	Mrs. Meredith Geary	

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MINIMUM WAGE LAW

The new minimum wage law, effective May 1, 1974, which covers school food service workers for the public schools is as follows:

$1.90 - effective May 1, 1974
$2.00 - effective January 1, 1975
$2.20 - effective January 1, 1976
$2.30 - effective January 1, 1977

COMMODITIES EXPECTED TO BE AVAILABLE IN DECEMBER

Butter & Margarine
Frozen Ground Beef
Frozen Chicken or Turkey
Orange Juice Concentrate
Rice
Egg Mix
Luncheon Meat
Peanut Butter
Canned Fruit or Vegetables
Macaroni, Elbow Hy Pro
Spaghetti, Thin Hy Pro
Cheese, Bulk
Milk, Instant Dried

Shipping and purchasing difficulties may make some variation in the above list.

NEEDY FAMILY FOODS

Again this month we will have a number of commodities left over from the Needy Family Program. Most items have now been distributed. If unintentionally you ordered a commodity you can't use, please advise this office and we will find a new home for it.

MAYONNAISE

No matter how truthful we try to be we give the wrong advice. The processor of mayonnaise promised us faithfully that he would deliver in time for our October delivery, but he didn't. It should be positive for November.

DELIVERIES

We are receiving frozen turkey and chicken, but we haven't had it in sufficient quantities to include on our order form.

CRANBERRY SAUCE

Most schools would have received the 6/10 of this product, but we had insufficient quantities in this size so had to substitute the 24/303 which was a carryover from the Needy Family Program. There has been a large crop of cranberries this season and it now appears that cranberry sauce will be purchased by the U.S.D.A.

THANKS FOR YOUR COOPERATION

We wish to thank all school lunch supervisors that were contacted by summer camp directors and accepted the commodities leftover when camping season ended. Your cooperation in this assists the camp and simplifies the method of what to do with leftovers.

EQUIPMENT

Due to an abrupt ending of the Needy Family Program, the Welfare Department was unable to provide you with the pallets and shopping carts that were promised.

* * * * * * * * * * * * *

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum:

MEAT AND MEAT ALTERNATE - 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/2 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a serving of other breads such as cornbread, biscuits, rolls, muffins, etc., made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 tablespoon of butter or fortified margarine. This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

FROM ACCOUNTING...

CLAIMS

It is impossible to process any claims unless the following have been approved and are on file in this Office:

1) Notice of Intent to Continue
2) Interim Report
3) Cost of Type A Meal
4) Policy Statement for Free and Reduced Meals

On your Claim for Reimbursement sheet you will find a new item entitled "All Other Claims" under Section 3. Included in this line will be all claims for Breakfast Program, the Elderly Feeding Program, and Non-Food Assistance Program.

On Line 21 of the reimbursement sheet you are to include all milk rates. If you have two different rates, each is to be listed individually on this line with the total figure incorporated into line 22.

It is to be noted that the free milk is available to those needy students who are receiving free meals. Those students eligible for reduced meals do not qualify for the free milk.

ELDERLY FEEDING

It has been regretfully announced that significant reductions have been made in the reimbursement rates payable to Elderly Feeding Programs. Such a state has been brought about by a limited appropriation and new legislation this year. Because of the scaled down budget further reductions are necessary in order to insure that what money is available is distributed equitably. There is now an established rate of reimbursement per meal. Plus, payments are restricted to a limited number of eligible programs for a pre-determined number of meals based on what took place during 1974.

Accordingly, the maximum rate per meal which you may receive cannot exceed 40 cents per meal even though your meal cost is in excess of 90 cents. For this reason, your reimbursement rate will represent your actual costs up to an allowable maximum cost of 90 cents less the statutory 50 cent meal charge paid by each participant. In any event, your maximum reimbursement will be either your adjusted allowable cost or 40 cents per meal, whichever is the lesser. In addition, reimbursement will be made on an approved number of meals served per day for an approved number of days.

PROFIT AND LOSS STATEMENT

For the fourth consecutive year this Office is making available to all schools a Profit and Loss Statement. This statement is a financial report of your lunch program made up from information submitted on the September 1973 claim through the August 30, 1974 Interim Report. This statement and those from other years used for comparison are a valuable tool in evaluating your own program.

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CHEESE ALTERNATES

The New School Lunch Program Regulations and Special Food Service Program for Children Regulations states that cheese alternate products can be used for meeting the meat or meat alternate requirement. These cheese alternates must adhere to certain conditions which are as follows: (1) cheese alternate products must be mixed with natural or processed cheese; (2) the amount of cheese alternate product must not exceed that of the natural or processed cheese; (3) the cheese or processed cheese and cheese alternate product must be melted together during the cooking or heating process. The cheese alternate product may be used only in food items which are heated or cooked. The combination product may be used to meet all or part of the meat or meat alternate requirement.

As yet no cheese alternate product has been approved for meeting the specifications set down by USDA. When such products are available you will be notified.

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NEW BUREAU STAFF

Martha Herlihy - Assistant Supervisor in Education for Program Expansion. Martha received an Associate Arts degree from Lasell Jr. College and a B.S. degree in Food Science and Nutrition from the University of Massachusetts. Currently she is doing graduate work in Educational Administration at Suffolk University. Prior to her present position Martha worked as a therapeutic dietitian at Waltham Hospital.

Kathleen Crowley - has replaced Mary Anne Richard who now works in the Program Expansion Section as the field nutritionist for the Greater Boston Area. Kathy graduated this past June with a B.S. degree in Food Science and Nutrition from the University of Massachusetts in Amherst.

STAFF OF LIFE

OUR INDIAN HERITAGE

Each year Thanksgiving visits us with an over-stuffed turkey, plenty of home baked pies, and a multitude of friends and relatives. Students are busy decorating classrooms with drawings of turkeys and pilgrim hats. But we seem to have neglected one of the major determinants of this celebration, the native American Indian.

Many of the first settlers had a good deal of courage but little experience at working this foreign rocky soil. They had come from city areas as tradesmen and craftsmen or owned small farms. As Pilgrims, they were not accustomed to the techniques needed for fishing and farming in the New World. With the resulting lack of food, over half of the original settlers died of starvation, scurvy, and other illnesses during the first three months.

Then the Indians intervened. They approached these strangers with new ideas for improving the structure of their homes to better insulate them for the winter. The Indians also suggested better ways of obtaining the foods needed for survival.

They taught the Pilgrims how to fish using spears and nets. Here the clambake originated, after digging a pit to cook clams and corn. The Indians showed the Pilgrims how and when to plant crops using a pointed stick instead of a plow, and fish for fertilizer. The Indians introduced edible weed such as milkweed shoots and marsh marigolds, which helped sustain the settlers through the winter.

Barley and green peas were among the first foods to be successfully cultivated. From the abundance of the barley grain, the Pilgrims made soups, breads, cereals, and beer.

But corn became the most important of these crops. The stalks became a source of sugar as well as thatching for roofs. Corn kernels were used in succotash. After grinding, cornbreads (johnnycake, hoe cake and cornpone) and Indian Pudding were made. Corn was also mixed with juices from nuts and served instead of milk.

Surely many of the original ingredients have changed - bear grease and inadvertent ashes. But we still live with much of our Indian Heritage. Let us recognize that contribution by making this Thanksgiving Feast a true giving of thanks to the native Americans who welcomed us three hundred years ago.

STUDENT MEETING

Nutrition wise, management wise, and status wise school cafeterias have come a long way in the last 28 years. Within the last few, they have become an integral part of the school's instructional program.

This big change in attitude should be paralleled by a big change in the approach many supervisors are taking to win students over, selling student lunches that are nutritious, well balanced, economical, attractive to both the eye and the palate and establishing good public relations with students.

This year the Bureau is making a special effort to widen the scope of the National School Lunch Program especially among high school students. Two representatives from the Bureau met with the Student Advisory Council recently to lead a discussion about the lunch program and the role it plays in educating tomorrow's adults to make good nutrition choices.

The most common complaint voiced by the students was lack of communication. Having a good rapport with the student body encourages students to ask "hows" and "whys" of the lunch program. It also keeps you informed of students' likes and dislikes concerning food, surroundings, service and menu variety.

It really does make a big difference in students' attitude to know that you are available and will listen to their suggestions or complaints about the lunch program. Most students are aware of the Type A pattern and regulations concerning sale of carbonated beverages and candy during school hours, but many can not understand why, "the menu has the same old foods in it," or why "they are eating at 10:30 AM if on double session." Many were not aware that there is one person in charge of the entire lunch program to whom they can sound off to whether it be praise or complaints.

Too often we get loaded down with office work to really make ourselves known to our public - the students.

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POSITION VACANCY

The Marshfield Public School system is seeking a Food Supervisor. This program involves eight (8) Cafeterias, an Elderly Program and a Title I Program.

Deadline for filing applications is November 15, 1974. Interested applicants should apply in writing to Robert J. Novelli, Assistant Superintendent for Business, Marshfield Public Schools, 76 South River Street, Marshfield, Massachusetts 02050.

HAMBURGER PROTEIN FORTIFIED ENRICHED CURLY MACARONI CASSEROLE
100 servings

Ingredients	Amount
Protein fortified enriched curly macaroni	6 lb. 4 oz. (2 3/4 gallons)
Butter or margarine	3/4 cup plus 1 1/2 teaspoons
Onions	3 cups
Tomato sauce*	2 gallons
Hamburger	9 lbs.
Salt	4 tablespoons plus 1/2 tsp.
Black pepper	1/2 teaspoon
Chili powder	2 tablespoons plus 1/2 tsp.

Directions

1) Cook the macaroni according to directions on File Card B-1.
2) Saute onions in melted butter.
3) Add hamburger and brown. Drain off excess fat.
4) Add the tomato sauce, salt, black pepper and chili powder. Blend
5) Add the cooked macaroni and blend with other ingredients.
6) Pour into pans and bake at 350° for 30 minutes.

*Can be made from paste or peeled tomatoes or crushed tomatoes.

TUNA PROTEIN FORTIFIED ENRICHED CURLY MACARONI CASSEROLE - 100 servings

Ingredients	Amount
Protein fortified enriched curly macaroni	6 lb. 4 oz. (2 3/4 gallons)
Milk	1 gallon plus 3 quarts
Butter or margarine	3 cups
All purpose flour	3 cups
Salt	3 tablespoons
Black pepper	1/2 teaspoon
Tuna fish	2 1/2 tins (66 1/2 oz. size)

Directions

1) Cook curly macaroni according to directions on File Card B-1.*
2) Melt butter/margarine. Add flour, salt, black pepper and stir until smooth.
3) Add milk, cook and stir constantly until thickened.
4) Add drained flaked tuna fish and cooked macaroni to white sauce.
5) Mix well.
6) Pour into 4 greased baking pans (12x20x2) and bake at 325° for 30 minutes.

*Add 4 tablespoons of Tumeric powder if golden color of macaroni is desired.

Serving: 3/4 cup provides equivalent of 2 ounces of protein.

WESTFIELD SCHOOL LUNCH-NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chilled Orange Juice Hamburg/Bun/Ketchup Cole Slaw Cherry Gelatin/ Whipped Topping
4 Sloppy Joe/Bun Buttered Wax Beans Assorted Chilled Fruit Cornmeal Cookie	5 Frankfort/Roll Mustard Tossed Green Salad Fresh Apple	6 Tomato Soup Tuna Salad Sandwich Potato Chips Fruit Compote	7 Italian Spaghetti/ Meat Sauce Fresh Green Salad/' Dressing Bread & Butter Gingerbread/Topping	8 Neptune Burger/ Tartar Sauce Buttered Green Beans Cinnamon Applesauce
11 American Chop Suey Mixed Green Salad Bread & Butter Peanut Butter Cookie	12 RELEASE DAY	13 Juice or Soup Grilled Cheese or Bologna & Cheese Sandwich Celery & Carrot Sticks Chocolate Pudding/ Whipped Topping	14 Cheese Pizza Fresh Salad Celery Sticks Stuffed with Peanut Butter Apple Crisp	15 Baked Fish/Tartar Sauce Mashed Potatoes Red Beets Bread & Peanut Butter Chilled Fruit Cocktail
18 Hamburg/Bun/Ketchup Cole Slaw Fruited Gelatin Spice Cookie	19 Veg. Beef Soup or Orange Juice Tunafish Sail Boat Potato Chips Peach Shortcake	20 Chilled Juice Ravioli/Meat/Tomato Sauce Green Beans Bread & Peanut Butter Fruit Compote	21 Roast Turkey/Gravy Cranberry Sauce Plymouth Rice Pilgrim Carrots & Peas Indian Bread John Alden Fruit Cup	22 Meat Loaf/Gravy Whipped Potatoes Buttered Peas Bread & Butter Midnight Chocolate Cake
25 Frankfort/Roll Relish Carrot Cabbage Slaw Pear Halves Peanut Butter Brownie	26 Chilled Juice Meat Ball Grinder Buttered Wax Beans Oatmeal Cookie	27	28 	29

All lunches served with 1/2 pint milk and 1 teaspoon butter

WESTFIELD SCHOOL LUNCH

This month we have a sample menu from the Westfield School lunch Program under the direction of Mrs. Dorothy Burke. Mrs. Burke has her hands full with Westfield's fifteen schools to manage but as the menu shows the numbers don't pose a problem when there are good lunches and good planning.

Approximately 4000 lunches are served per day with the high school being the only school offering more than the single menu - limited a la carte foods are available.

From the daily meal count the most popular lunch menu in all the grades is the turkey dinner followed closely by pizza. According to Mrs. Burke the meals most wanted by her students are "instant" lunches - a meal that can be quickly served and quickly eaten.

MSFSA Notes

The 23rd Annual MSFSA Convention was held October 3, 4, and 5th at Dunfey's in Hyannis. "Looking Back-Seeing Ahead" was the theme carried throughout the three days.

There were many interesting and informative guest-speakers who provided fresh ideas for those present. In addition to the speakers, there were over 100 booths with varied exhibits and attractive displays. For those who attended the lectures and seminars it was a rewarding experience. For those who did not attend, excerpts of this convention will be printed in your magazine, "Full Measure."

If there are any members who are not getting their Full Measure please send your name and address to: Shirlie Kristenson, 42 Hawthorne St., Westwood, Ma. 02090.

November is turkey time. The smiles on those faces in line for that turkey dinner - that one child who might not get one at home - that great increase in participation that adds a new daily patron - yes -- it really is worth it all.

Happy Thanksgiving

Shirlie Kristenson
MSFSA Public Relations

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent

COMMONWEALTH OF MASSACHUSETTS
Department of Education
OFFICE OF SCHOOL LUNCH PROGRAMS
182 Tremont Street - Boston, Mass. 02111

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DECEMBER 1974

NUTRITION EDUCATION and SCHOOL FOOD SERVICES Newsletter

A MONTHLY REPORT
IDEAS •••••••••••••••• DEVELOPMENTS •••••••••••••••TRENDS

Holiday Greeting

We would like to extend to you our gratitude and appreciation for your unceasing efforts in furthering the goals of the School Lunch Program. Through your dedication and service, the children of Massachusetts are acquiring a sturdy foundation on which to build their future. The duties you perform benefit thousands and with the continued support and cooperation that we have experienced through the years we can see that number multiply.

May the sentiments of this holiday season - Love, Peace, and Good Will Toward All - be with you now and every day hereafter. Our best wishes to you and yours for a happy, successful, and healthy New Year.

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Sincerely,

John C. Stalker and Staff

RECEIVING AND STORAGE THE NEGLECTED MANAGEMENT TOOLS

Receiving and storage procedures are not often looked upon as management tools, however, stop and think of the added expense which can result from improper receiving and storage. Then, their potential effectiveness as a tool to control food costs becomes immediately apparent.

Receiving is probably the most frequently ignored of all the management tools available to food service operators. After going to great lengths to develop demanding and

Cont'd on Page 2

exacting specifications to assure that the best possible quality food at the lowest possible price is obtained, the entire management control system can self-destruct when the merchandise enters the receiving door. This breakdown in the management process generally is a direct result of the management attitude that everyone is as honest as they. Many operators feel that they can put their complete trust in the purveyors they have come to know. No manager can afford the luxury of assuming that he will receive what he has specified in his orders. The watch-word is to assume nothing. Most purveyors are indeed honest and will deliver what you order. However, you can still fall victim to human error or to computer error, so it is imperative that each delivery be checked carefully against the original order. Cases of canned goods should be counted and examined for damage or discoloration. Weighable items should be weighed to guarantee that there are no short weights. Dated items should be checked for their freshness. If a purveyor has a special code system for dating his goods, ask the salesman to explain it to you. How can you make judgement about the quality of the merchandise you receive if the coding system is foreign to you? When bread is delivered, squeeze a loaf or two to check freshness. Open bags of potatoes, crates of lettuce, and other produce to be sure it is up to the standard of quality. If a carton which contains items packed in glass is moist, open it and check to see if any of the containers are broken. Whenever a discrepancy exists between what was ordered and what was actually delivered a decision has to be made as to whether it should be accepted or rejected. Regardless of the action taken it is absolutely necessary that the situation is documented. This is accomplished simply by making a notation on the delivery slip before it is signed. Corrective action should be taken between management and the purveyor before the final invoice is received.

As soon as the order has been thoroughly checked and accepted, it must be stored as quickly as possible. Once again, this is frequently where a breakdown in good management practices occurs. Many of the items used in a food service operation are highly perishable. If perishable items are not stored properly all management efforts up to this point have been for nothing. Frozen foods and refrigerated foods should be stored before grocery items, such as canned goods, grain foods, paper, and cleaning supplies. Frozen foods should never be left out long enough to defrost. This will greatly effect their quality. Refrigerated goods, such as meat, fowl and dairy products will deteriorate rapidly if not placed quickly under the proper temperature. If their temperature is allowed to rise above 40°F bacteria will begin to multiply at an excessive rate. Storing can be made easier and faster if a mobile cart or hand truck is utilized for transporting the goods from the receiving area to their point of storage.

All food must be stored at the proper temperature. Many operators fail to realize that this food service axiom applies to all food - not just frozen and fresh foods. Temperature control and proper storeroom ventilation is very important to maintain quality merchandise.

Storage procedures are directly related to inventory control. When merchandise is placed on the shelf it should be done in an orderly and logical manner making sure that the new stock is placed in back of old stock so it will be used on the "first-in-first-out" basis. One system is to group items together by categories that logically fall together.

Cont'd on Page 7

COMMODITIES EXPECTED TO BE AVAILABLE IN JANUARY

Frozen Ground Beef
Frozen Chicken or Turkey
Orange Juice Concentrate
Rice
Egg Mix
Luncheon Meat
Peanut Butter
Macaroni, Elbow Hy Pro
Spaghetti, Thin Hy Pro
Cheese, Processed
Milk, Instant Dried

Shipping and purchasing difficulties may make some variation in the above list.

ABOVE COMMODITY LIST

The above list is only intended as a guide. It is prepared five weeks prior to being printed so there can be many changes.

TURKEY

We were disappointed, as I know you were, not to have turkey available for the month of November. Our orders had been placed with the USDA in September, but purchases were not made. The cars are now rolling so that you will have turkey for December, and we hope for January.

SEPTEMBER DISTRIBUTION

The pounds and value of commodities issued for September, 1974 have just been compiled and the total is 2,624,650 pounds with a value of $1,434,157. This exceeds September of last year by 744,333 pounds with a value of $848,840.

MAYONNAISE

The successful bidder for this contract has run into material problems so that it may be February or March before we can make a complete distribution to all schools.

FRANKFURTERS

The USDA has advised that they will again be purchasing this item. Specifications will be the same as last year. The amount we are to receive is 15 freight cars or approximately 600,000 pounds. At this time, we are unable to project what month they will be available. Our best guess is February.

THE SELLING OF A SCHOOL LUNCH

Have you figured your percentage of participation lately? If you have and it is around 65% you are within the state's average. But have you ever stopped and asked yourself, "What about the remaining 35%? Why don't they participate in the program?" Perhaps you need to consider some merchandising principles.

When big business has a product to sell, a carefully planned sales promotion is organized and the product is presented to the market through a skillful advertising campaign and the use of attractive displays. As a school food service supervisor, you are the "big business;" you have a product to sell - the Type A Lunch, and your market - the students.

Merchandise your product through promotions.

* It is good business to recognize the needs and desires of your customers. Plan well-balanced nutritious meals that will be well accepted by the students. Along with the hot Type A Menu, you could run a second choice. This leads to more variety in the menu. With this being such a diet-conscious age, fruit salad and chef's salad plates can satisfy the protein and some of the fruit and vegetable requirements of the Type A pattern. How about a soup and sandwich lunch. This can be a nice change for our customers. Also, if done on a separate line from the regular Type A, it could mean faster service.

* Surprise menus and holiday treats will go a long way towards merchandising your product in advance and entice the customers to the market place.

* The manner in which you write your menus is your way of presenting your product to the market. Use colorful descriptive words, they can make a difference.

CHILLED	Denotes a frosty thirst-quenching glass of juice rather than a lukewarm one that has been standing on the counter.
CRISP SALAD	If there ever was a nutritional insult to a good school lunch it is a wilted tired looking salad that was prepared early in the morning and left at room temperature until serving time.
CHICKEN	Maryland Style Honey Dipped Golden Brown

MEATLOAF	Home Baked
	Old Fashioned
	Meatloaf Supreme
TURKEY	Hot Sliced Turkey and Gravy
	Roasted Vermont Tom Turkey
SALAD	Tossed Spring Salad
	Crisp Garden Greens

* How will it look on the plate? Will it have enough eye appeal to attract your market? To make the meal more interesting and appealing plan for variety in color, size, shape, flavor, and texture.

* Atmosphere can make a difference. Is the cafeteria bright and cheerful instead of dull and drab? Perhaps students could redecorate their eating area (with administrative supervision). This is an excellent student organization project. Invite art students to design and develop posters, murals and other art work on nutrition. Things like:

Cavernous ruby-lipped mouths to camouflage
Tray pass-through
Eight foot carrot
Zodiac signs

Perhaps this would encourage students to keep the area tidy from one lunch period to another. Who wants to eat in an untidy atmosphere?

* Solicit student ideas for bulletin boards. Make the lunchroom an information center.

* Offer your assistance as a student council advisor. Let students know your willingness to support menu changes.

These are just a few suggestions on Merchandising the Type A pattern. I'm sure if you stop and think about merchandising techniques you can come up with a lot more of your own to entice the remaining 35% of the students. The old familiar rhyme "Here's the church, here's the steeple, open the doors, and let in all the people" will be a reality for school lunch programs.

FOSTER CHILD VS. STEPCHILD

Following are the eligibility requirements pertaining to foster children in regards to free and reduced priced meals:

A. In those cases where the Welfare Agency is legally responsible for the child, and the foster home is, in fact, an extension of the Welfare Agency, the foster child shall be considered as a one-member family. The payments made by the Welfare Agency for the care of that foster child shall be considered as the income of that one-member family. Therefore, if the annual income of the foster child is not above the income level for free or reduced price meals of the one-member family as set forth in the income guidelines prescribed by the State Educational Agency the foster child shall receive the meal to which he is entitled.

B. In those cases where the Welfare Agency has placed a child in a permanent home and/or subsidizes the adoption of the child, the child shall be considered as a member of the household with whom he resides. The family size and total income of the family shall be used to determine the child's eligibility for free and reduced price meals.

As stated, unless adopted, foster children being wards of the State, are considered a one-member family. Step-children, on the other hand are considered members of the family as a whole and therefore their eligibility requirements must follow those defined for a "family". (Total income of the unit).

It should then be noted that all family income must be used to qualify each child for a free or reduced price lunch with only two exceptions; i.e., the foster child and the special hardship provisions of the Secretary's income poverty guidelines.

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FRESH HOT MUFFINS

How about some hot homemade muffins in only a half hour. Sound impossible. Not if you follow the advice of Mr. Robert Thorburn, School Food Service Director for the Concord-Carlisle School system.

The baker prepares large quantities of various muffins - corn, cranberry, raisin, etc. They are then portioned into greased muffin pans and frozen. On any particular morning the desired muffins are removed as needed and baked from their frozen state in convection ovens for 20 to 30 minutes at 300°.

RECEIVING AND STORAGE
Cont'd from Page 2

All canned goods together, all dry goods together, all spices together, etc. Within the categories, items can once again be stored logically into subcategories, green vegetables together in one section, all tomato products in one section, etc. This procedure can even be carried further, such as sliced carrots stored next to whole carrots, cut string beans next to French cut beans, etc. By storing items in this logical manner, instead of helter skelter, time is saved when issuing items for daily use. Once the items are all arranged, the shelves should be labeled so that the system will be perpetuated. If the items are listed on the inventory form in the same sequence as they are actually stored, it saves a tremendous amount of time when a physical inventory has to be completed. Stored items must be protected against possible infestation by rodents and/or insects. It is the responsibility of all food service workers to see that good housekeeping practices are followed daily to insure cleanliness and orderliness in all storage areas. Dry food items must be placed in covered containers away from the walls and off the floor to prevent absorption of moisture and permit the necessary circulation of air. To insure that rodents or insects are kept out of the food service area, all schools should contract with professional exterminators for periodic visits or have a member of the custodial staff properly trained to do this job.

Items must also be protected against possible theft. Many of the items used every day in a typical food service operation are very costly. A person's honesty must not be tempted by careless and inadequate security procedures. There is an old saying - "Locks are put on doors to keep the honest people honest." There is a lot of truth in this adage. Don't provide the opportunity for people to be dishonest. Locks must be placed on all storerooms, freezers, refrigerators, and any place where goods of any value are stored.

Food service supervisors should reexamine the receiving and storing procedures being practiced at each school. If recommended practices are not being carried out, immediate steps should be taken to train personnel to receive and store incoming orders properly. When this is done, a supervisor has another important management tool in hand to prevent costly food losses through undesirable handling practices or improper storage.

PROBLEMS

Any schools that are having problems or experiencing any difficulties should feel free to contact this Bureau to arrange a visit from the field representative who will assist you.

NEEDHAM SCHOOL FOOD SERVICE
ELEMENTARY SCHOOL MENUS

Below is a copy of Needham's menus for the month of December. Student preferences weigh heavily when Miss Lois Carley, Director of Food Services, plans the menus. She knows that her students are her customers and she tries to please. Changes may be made by the Managers at their schools depending on the acceptance of meals by their students.

DECEMBER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish 2 Oz. Protein	Hot Chicken with Gravy over Buttered Rice 2	American Chop Suey 1 oz. Cheese Cube 3	Cheese Pizza (Add Meat, Cheese, or Cheese Cube to make 2 oz. Protein) 4	Chicken or Fish in a Basket 5	Tomato or Vegetable Soup Egg Salad or Tuna Sandwich 6
Vegetable and/or Salad Fds. 3/4 C.	Buttered Peas Vegetable Stick	Green Beans Carrot Stick	Cole Slaw or Green Salad	French Fries Celery Stuffed with P'nutbutter	Celery Stuffed with P'nutbutter
Bread	Corn Bread	Homemade Muffin		French Bread	Hamburg Roll or Whole Wheat Bread
Ex. Nutr. Fds.	Orange Juice	Canned Pears	Orange Juice Fruit Dessert	Cranberry Sauce Tomato Juice	Fruit Cake with Cranberries
Main Dish 2 oz. Protein	"Maxi Dogs" Grilled Frankfort 1 oz. Cheese Cube Buttered Macaroni or Grilled Cheese Sandwich 9	Super Sub Sandwich Lettuce, Tomato, Ham 10	Oven Baked Chicken or Fish in a Basket 11	Hamburg Pattie with Gravy or Salisbury Steak 12	Cheese Pizza (Add Meat, Cheese, or Cheese Cube to make 2 oz. Protein) 13
Vegetable and/or Salad Fds. 3/4 C.	Buttered Carrots Celery Stuffed with P'nutbutter	Buttered Corn Vegetable Stick	French Fries Celery Stuffed with P'nutbutter	Mashed Potatoes Buttered Peas	Buttered Green Beans Cole Slaw
Bread	Frankfort Roll or White Bread	French Bread or Soft Roll	French Bread	Homemade Muffin	
Ex. Nutr. Fds.	Peach Half	Fruit Cake with Cranberries	Cranberry Sauce	Fruit Cocktail	Orange Juice
Main Dish 2 oz. Protein	Elementary School Special - School's choice - announced in advance 16	Tom. or Veg. Soup Chicken or Egg Salad Sandwich 17	Spaghetti and Meatballs 1 oz. Cheese Cube 18	Christmas Dinner Roast Turkey with Stuffing Buttered Rice 19	Cheese Pizza (Add Meat, Cheese, or Cheese Cube to make 2 oz. Protein) 20
Vegetable and/or Salad Fds. 3/4 C.	Buttered Corn Carrot and Celery Sticks	Vegetable Sticks	Buttered Green Beans	Buttered Peas Celery Stick	Buttered Vegetable Green Salad
Bread	½ P'nutbutter Sandwich on Whole Wheat Bread	Hamburg Roll or White Bread	Homemade Muffin		
Ex. Nutr. Fds.	Orange Juice	Fruit Dessert	Applesauce	Cranberry Sauce Christmas Cookie	Orange Juice

MILK IS SERVED WITH ALL MEALS

'SAVORY MEATBALLS

Ingredients		Amount
Meat Mixture	Hamburg	10 pounds
	Luncheon meat	6 cans
	Eggs	12
	Milk	2 quarts
	Bread crumbs	6 quarts
	Salt	5 teaspoons
	Pepper	1 teaspoon
Sauce	Apples, diced	1 quart
	Onions, sliced	2 quarts
	Celery, diced	1 quart
	Green pepper	1 1/2 cups
	Canned tomatoes	1 #10

Directions

1) Mix together the hamburg, luncheon meat, eggs, milk, bread crumbs, salt, and pepper. Form into balls using scoop of your choice. Brown in oven at 400°.
2) Combine the apples, onions, celery, peppers and tomatoes. Pour this mixture over the meatballs and bake one hour. Baste the meatballs occasionally with the juice and diced vegetables. Serve over hot spaghetti or noodles.

Note: This combination of hamburg and luncheon meat can be used for meatloaf and with a tomato sauce for meatball grinders.

ASFSA MEMBERS

ATTENTION PLEASE

REGARDING

RENEWAL NOTICES WITH "RENEW BEFORE JANUARY 31, 1974"

THESE NOTICES SHOULD READ

"RENEW BEFORE DECEMBER 31, 1974"

DO NOT DESTROY

THESE NOTICES ARE VALID AND ARE TO BE PROCESSED

CHOCOLATE CAKE

Yield: Two 18"x24" pans

Ingredients	Amount
Sugar	15 1/2 ounces
Shortening	2 pounds
Karo or corn syrup	4 pounds
Dried eggs	12 1/2 ounces
Water	10 3/4 ounces
Cocoa	1 pound 4 ounces
Soda	2 ounces
Salt	1 ounce
Vanilla	1 ounce
Milk, reconstituted	2 pounds 12 1/2 ounces
Flour	4 pounds 7 1/2 ounces

Directions

1) Cream sugar and shortening. Add syrup, and eggs that have been mixed with the water, and beat well.
2) Add cocoa and mix.
3) Sift together flour, salt and soda. Mix milk and vanilla and add alternately with dry ingredients.
4) Bake at 350° for 30 minutes in convection oven or at 375° in a regular oven.

Bentley School, Salem - Betsy Collietti, Alice St. Pierre

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SUBSTITUTING CORN SYRUP

Here are a few corn syrup substitutions from Marion Martin, Director of Food Services, Peabody School, Norwood:

CAKES AND MUFFINS	Corn syrup can replace 10% of the sugar
BREAD, ROLLS AND PIE CRUSTS	Corn syrup can replace the sugar completely
MOLASSES	Corn syrup can replace molasses completely but the end product will not have brown sugar taste or color.

NATIONAL NUTRITION POSTER CONTEST

January 15 - March 15, 1975

BREAKFAST RIGHT --- THINK BRIGHT

Now is the time for publicizing your school food service program --- and promoting good nutrition! The Florida Citrus Commission is sponsoring a national Nutrition Poster Contest. The contest rules are inserted in this Newsletter.

"Kick off" during Child Nutrition Week (the last full week in January). Set the mood with an assembly program and a Breakfast Party in the cafeteria.

"Wind up" during National Nutrition Week (the first full week in March). Have a week's exhibition followed by a Judges' and Community Brunch.

For special ideas, refer to the December, 1973 issue of this Newsletter. In the STAFF OF LIFE column, we FOCUSED IN ON BREAKFAST (What You Don't Eat Can Hurt You)! We suggested a mini-survey of breakfast habits --- conducted and computed by the Student Council. This is a great way to emphasize the need for breakfast and to highlight your poster contest.

So get our Contest Rules and read them now. Be ready to start in January. Let's make one of the schools in Massachusetts the national winner! (And please tell us, too. We would like to know if your schools are participating. Just drop a short note to Mr. John C. Stalker, Bureau Director.)

RICE -- ACCIDENTAL BEGINNINGS

In 1694, a ship carrying a cargo of rice grain from Madagascar to England was blown off course and forced to land at Charleston for repairs. The American people there were kind and helpful to the captain and his crew. To express his gratitude, the Captain presented the Governor of the colony with the only gift he had -- a handful of rice grains.

From such a small beginning, rice spread to Louisiana, Texas, Arkansas and California. The warm, moist climate of these states made it a flourishing industry, and today the United States produces one of the world's highest quality rice crops.

MSFSA Notes

Sleigh bells ring - Children sing - This is the season to be jolly. One of the great joys of Christmas is the delightful custom of giving and receiving gifts. You can make this Christmas a merry one by sharing part of yourself with someone else. A telephone call to a frined you haven't been in contact with for a while - a jar of your very own jelly shared with a shut-in. At school - taking time to decorate the lunch room so it glows with the Christmas spirit - planning a pre-Christmas lunch with tender loving care. For your association -- taking time out to send a check for your dues. No man is an island, you've all heard that before: We all need one another to open up the doors. The door to equal educational opportunity and to better health for all children. Join our organization which is so dedicated to the improvement of all child feeding programs.

A Merry Christmas and a Happy New Year.

Shirlie Kristenson
MSFSA - Public Relations

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Department of Education
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